HIT IT: Self-defense classes help you fight fat while fighting back | **Inside**

express

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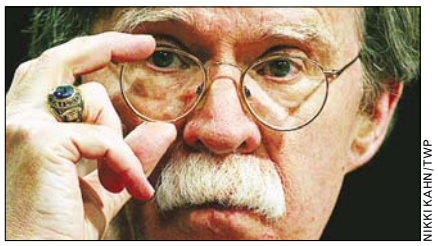
Tuesday


NIKKI KAHN/TWP

John Bolton faced opposition in the Senate.

Bolton Resigns: Embattled U.N. ambassador steps aside | 3

Too Slow: Bush seeks cleric's help speeding Iraq progress | 3

Series Mistake: Redskins' game was changed by three bad downs | 13

ENTERTAINMENT

Abs-olutely Fabulous: Singer *Ciara* evolves nicely on her new CD. Plus, Sepultura talks Dante and D.C. hardcore.

>> 17-20

Weather >> Mostly Sunny

44 | 27

FULL FORECAST ON PAGE 42

NASA Plans 'Lunar Outpost'

Agency aims for self-sustaining camp on moon's south pole

WASHINGTON | NASA may be going to the same old moon with a ship that looks a lot like a 1960s Apollo capsule, but the space agency said Monday that it's going to do something dramatically different this time: stay there.

Unveiling the agency's bold plan for a return to the moon, NASA said it will establish an international base camp on one of the moon's poles, permanently staffing it by 2024, four years after astronauts land there.

It is a sweeping departure from the Apollo moon missions of the 1960s and represents a new phase of space exploration after space shuttles are retired in 2010.

NASA chose a "lunar outpost" over the short expeditions of the '60s. Apollo flights were all around the middle area of the moon, but NASA decided to go to the moon's poles because they are best for longer-term settlements. The more likely of the two lunar destinations is the moon's south pole because it's sunlit three-quarters of the time. That offers a better locale for solar power, plus the site has possible resources to mine nearby, said associate deputy administrator Doug Cooke.

"This is not your father's Apollo," said John Logsdon, director of the Space Policy Institute at George Washington University. "I think it's the only way to sustain something like this over decades. This is not a flag-and-footprints. This is the idea of starting an outward movement that includes long stays on the moon." (AP)

High Court Weighs Race in School Choice

MANUEL BALCE CENETA/AP

AFFIRMATIVE VOICE: Protesters gather outside the Supreme Court on Monday as justices heard arguments on lawsuits by parents in Louisville, Ky., and Seattle who are challenging policies that use race to help determine where children go to school. ✣ **Race revisited:** A half-century after desegregation | **Page 5**

NATIVITY | **O Night When No One Was Born** The holiday Nativity scene in St. Albans, W.Va., has a manger with shepherds, a guiding star, camels and a palm tree — and now, baby Jesus. Jesus was originally left out because officials were concerned about possible lawsuits over separation of church and state; they insisted that without Jesus, the display was not technically a Nativity scene. After complaints, town officials added the infant Monday. (AP) **EyeOpeners** | **Page 2**

eyeOpeners

LEARNING

Er, the Instructor Will Also Teach You Braille

A blind man in Kutahya, Turkey, has been sentenced to a reading and writing course at the library after he violated mandatory voting laws, the Australian Associated Press reported. Ismail Canseven was sentenced to the education course after he didn't show up to vote in the May election. "What am I going to do in a library? I can't see out of either of my eyes, and I can't read or write anyway," Canseven said. His son said he would appeal the sentence for his father. "My father can only find the bathroom by holding onto a piece of string we've tied to the wall," Isa Canseven said. (EXPRESS)

RISK

Merry Christmas! Sign This Waiver!

The Embsay, England, holiday celebration is in jeopardy after officials demanded organizers include mince pies in a risk assessment, the Mirror reported. But organizers say that will be too burdensome. Authorities also ordered that posters advertising the event warn that the pies may contain nuts. (EXPRESS)

ISAAC BREKKEN/AP

LANDINGS

Rodeowwwwww!

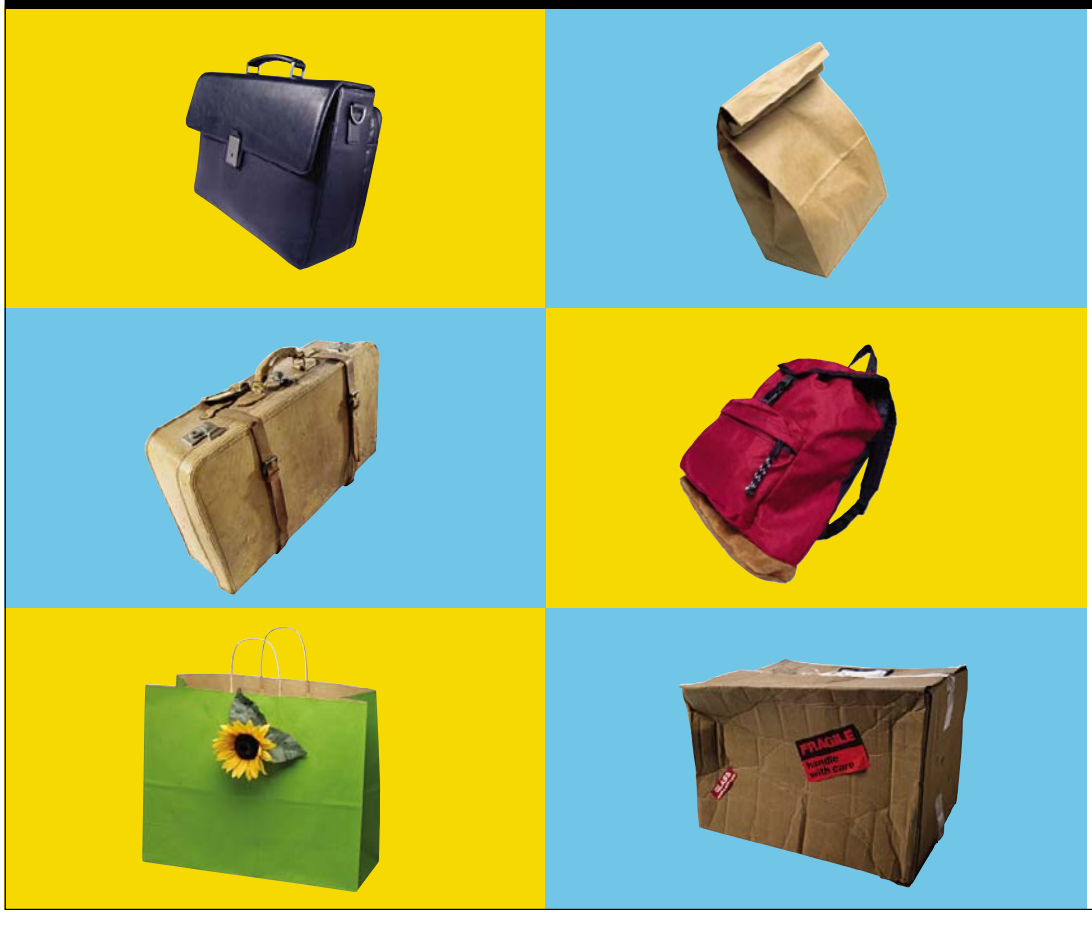
Hmmm. In bull riding, do they award negative style points for the dismount? For that matter, do they award style points at all? If so, J.W. Harris of May, Texas, may have been in trouble Saturday, considering the graceless way he hit the ground after being thrown from "Seven of Hearts." The tumbling occurred in the third go-round of bull riding at the National Finals Rodeo at the Thomas & Mack Center in Las Vegas. We're not sure who won the event, but we're guessing it was the bull. (EXPRESS)

HOUSES

Less Money, More Pit

A three-bedroom house in Redruth, England, is for sale for just $1,900 after its owners learned it was built on top of a 1,000-foot-deep mine shaft that could open up at any time, the Sun reported. Martin and Susan Legg were informed by a land survey that an old tin mine was directly below their house, so they put the home — which had been assessed as being worth more than $1,900,000 before the discovery — up for auction. (EXPRESS)

HEY, is that your bag?



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READY TO RUN? Sen. Hillary Rodham Clinton has hired a national fundraising director and a senior campaign spokesman, the latest sign the New York Democrat is moving quickly toward a likely 2008 presidential bid.

Nation

In Brief

GRANTS PASS, ORE.

3 Members of Missing Calif. Family Found Alive

Three members of a San Francisco family missing for more than a week were found alive Monday in a remote area of southern Oregon, police said. A search continued for the father. Investigators said a helicopter spotted 30-year-old Kati Kim waving an umbrella about 1:45 p.m. They also said they found daughters Penelope, 4, and Sabine, 7 months. (AP)

ERIE, PA.

Woman Suspected of Using Baby as Weapon Gets Trial

A woman accused of grabbing her 4-week-old son by his feet and swinging him, hitting her boyfriend and fracturing the baby's skull, was ordered to stand trial. Chytoria Graham did not intend to use her baby as a weapon, as Erie County prosecutors alleged, said defense attorney Dennis Williams. But District Judge Suzanne Mack ruled Monday that there was evidence enough for Graham, 27, to be tried on assault and related counts. (AP)

KANSAS CITY, MO.

Brownback Establishes Presidential Bid Committee

U.S. Republican Sen. Sam Brownback, a favorite of the religious right, said Monday he is taking the first step toward launching a bid for the 2008 Republican presidential nomination by forming a presidential exploratory committee. (AP)

Embattled Bolton Resigns U.N. Post

Ambassador concedes in confirmation battle with Dems in Senate

WASHINGTON | Lacking the votes to keep his job, embattled U.N. Ambassador John Bolton said Monday he would resign, a defeat for a chagrined President Bush who had clung to hopes of Senate confirmation.

Bolton got the position in August 2005, appointed by Bush when Congress was in recess. With that temporary assignment about to expire, and his long fight for confirmation going nowhere, Bolton made it official.

He handed in a resignation letter that did not mention the political fight behind it. It said simply: "I have concluded that my service in your administration should end when the current recess appointment expires."

GERALD HERBERT/AP

President Bush shakes hands with outgoing U.N. Ambassador John Bolton in the Oval Office on Monday. "I'm not happy about it," Bush said of Bolton's resignation.

"I accepted. I'm not happy about it," Bush said Monday afternoon in the Oval Office, with Bolton at his side. Bush did not name a replacement, and officials offered no timetable for an announcement.

Bush considered Bolton a strong voice as the U.N. dealt with crises in Iraq, Lebanon, North Korea and other complex matters around the world. Bolton also pushed the administration's effort to reform the United Nations.

But Democrats opposed Bolton, whom they viewed as a brusque, ill-suited diplomat. Some Republicans helped scuttle his nomination, including moderate Republican Sen. Lincoln Chafee of Rhode Island. BEN FELLER (AP)

Bush Displeased With Iraq Progress

President meets with Shiite leader to help end sectarian violence

WASHINGTON | President Bush told a Shiite political leader on Monday the United States is not happy with progress in Iraq and sought the cleric's help to curb extremists and terrorists trying to undermine the struggling new democracy.

Abdul-Aziz al-Hakim said U.S. troops need to stay in Iraq to help deal with escalating violence. He also told Bush that Iraq welcomes help from other nations, including those in the Middle East, so long as they do not bypass Iraq's political process. "Iraq should be in a position to solve Iraqi problems," al-Hakim told Bush after they met in the Oval Office for more than an hour.

Some consider al-Hakim, who lived in exile in Iran for years, a more powerful political figure than Iraqi Prime Minister Nouri al-Maliki. Al-Hakim leads the Supreme Council for the Islamic Revolution in Iraq, the largest Shiite bloc in Iraq's parliament. His party also is backed by the Badr Brigade militia blamed for sectarian killings.

PABLO MARTINEZ MONSIVAIS/AP

Shiite leader Abdul-Aziz al-Hakim said U.S. troops need to stay in Iraq.

The meeting was evidence that Bush was getting more personally involved in the political infighting among Shiites, Sunnis and Kurds.

Bush is meeting on Thursday with British Prime Minister Tony Blair — a day after the bipartisan Iraq Study Group issues its long-awaited recommendations. Bush also plans to meet next month with Iraq's Sunni Vice President Tariq al-Hashemi. DEB RIECHMANN (AP)

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STAMP OF REJECTION: A stamp of a biplane flipped upside down dating back to 1918—once thought to be a rare find worth hundreds of thousands of dollars—is a fake, an expert said Monday. The fake has an incorrect number of border perforations and thickness.

Justices Debate Diversity Programs

Supreme Court once again to decide on race's role in schools

WASHINGTON | A half-century after the Supreme Court outlawed state-sponsored school segregation, five of nine justices indicated Monday that school systems may run afoul of the Constitution by using students' race to promote diversity.

Cases from Seattle and Louisville, Ky., brought the divisive issue before the court for the first time since 2003, when a 5-4 ruling upheld the limited consideration of race in college admissions to attain a diverse student body.

A decision against the school districts could imperil similar plans in hundreds of districts nationwide and leave public school systems with a limited arsenal to maintain racial diversity. A ruling is expected by next summer.

In Monday's cases, parents sued after their children were denied admission to the schools they preferred because of their race.

ALEX WONG/GETTY IMAGES

Demonstrators at the Supreme Court protest a challenge to current laws that mandate racial integration in schools in a case that went before the court on Monday.

Justice Anthony Kennedy, who could hold the decisive vote as the swing justice since Sandra Day O'Connor's retirement, joined his conservative colleagues in expressing skepticism about the programs.

School districts court trouble by "characterizing each student by the color of his or her skin," Kennedy said during the argument over the Seattle case. "It seems to me that should be allowed, if it's ever allowed, as a measure of last resort."

Lawyers for the parents and the Bush administration said the plans violate the Equal Protection Clause of the 14th Amendment, enacted after the Civil War as part of the effort to remedy the effects of slavery.

The issue presents a unique challenge to Louisville's schools, which spent 25 years under a court order to eliminate the effects of state-sponsored segregation. The Jefferson County, Ky., school board, which encompasses Louisville, decided to keep much of the court-ordered plan in place to prevent schools from re-segregating.

"What's constitutionally required one day is constitutionally prohibited the next day? That's very odd," Justice Ruth Bader Ginsburg said, sentiments shared by her three liberal colleagues. MARK SHERMAN (AP)

Truck Driver Guilty in Death Of Immigrants

HOUSTON | A truck driver was convicted Monday in the deaths of 19 illegal immigrants crammed into a sweltering tractor-trailer in the deadliest human smuggling attempt in U.S. history.

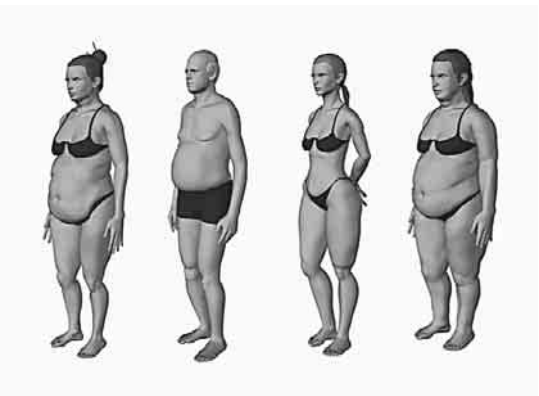
Williams

The jury will return on Wednesday to begin hearing evidence on whether Tyron Williams, 35, should get the death penalty.

It was the second time Williams was found guilty in the case; an appeals court said the earlier verdict was flawed and ordered a new trial.

The federal jury deliberated a little more than four days before convicting Williams on all 58 counts of conspiracy, harboring and transporting for agreeing to drive the illegal immigrants from South Texas to Houston in 2003. (AP)

Got Belly Fat?



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Nation

New Images Show Padilla in Chains

Lawyers say al-Qaeda suspect mistreated by U.S. while in custody

MIAMI | Photographs of alleged al-Qaeda operative Jose Padilla wearing chains, noise-blocking headphones and blacked-out goggles have been seized on by his lawyers as evidence he was subjected to harsh treatment while in military custody as an enemy combatant.

The still video images were filed late Friday in federal court in Miami as part of an effort by his lawyers to get terrorism-related charges against Padilla thrown out because of "outrageous government conduct" during the 3½ years he was jailed without charges.

"The extended torture visited upon Mr. Padilla has left him damaged, both mentally and physically," Padilla lawyer Orlando do Campo said in court papers. "The government's treatment of Mr. Padilla has robbed him of his personhood."

The images, taken from an unclassified Pentagon video, show Padilla chained hand and foot, wearing headphones and goggles, and being led out of his cell by guards dressed in camouflage and wearing riot helmets and visors. The images are the first publicly released photos of his detention at a Navy brig in Charleston, S.C.

The existence of the video was first reported Monday by the New York Times. One of Padilla's lawyers, Andrew Patel, said he was prevented by court rules from releasing a copy of the video or allowing a reporter to view it. CURT ANDERSON (AP)

AP

Jose Padilla is seen wearing goggles in an image from a Pentagon video.

Police Kill Suspect in PlayStation Theft

WILMINGTON, N.C. | A young man accused of robbing a fellow college student of two new PlayStation 3 video game consoles was shot and killed — possibly while holding a game controller, his roommate said — by officers sent to arrest him.

Peyton Strickland, 18, was killed Friday at a house he shared with three roommates, Sheriff Sid Causey said. Roommate Mike Rhoton said Strickland was unarmed when he got up from playing a Tiger Woods golf game but may have been holding a controller when he went to the door as officers bashed it in. Strickland's dog also was fatally shot.

The sheriff said Strickland was shot by members of a specially trained team who went to help university officers serve arrest warrants.

Authorities promised Monday to fully investigate the shooting. (AP)

PAUL STEPHEN/WILMINGTON STAR-NEWS/AP

Peyton Strickland's roommates board up the house where he was killed Friday.

BY THE NUMBERS: A 2-month-old girl in Colorado Springs, Colo., was in good condition Monday after being hospitalized with a .364 blood-alcohol level — more than four times the legal limit for an adult driver, police said. Hospital spokeswoman Sharon Miracle said alcohol is "virtually a poison" at levels as high as those found in the infant. (AP)

"Long live the revolution! Venezuela is demonstrating that a new and better world is possible, and we are building it."

—**President Hugo Chavez,** celebrating his resounding re-election victory with supporters Sunday

World

In Brief

MARCELO HERNANDEZ/AP

Supporters of ex-dictator Gen. Augusto Pinochet rally in Santiago on Monday.

SANTIAGO, CHILE

Pinochet Alert, Receiving Visitors After Heart Attack

Former dictator Augusto Pinochet, whose health problems have long helped him escape trial for abuses committed during his 1973-90 rule, was recovering Monday from a heart attack, although doctors said his life is still in danger. Pinochet suffered a heart attack early Sunday. He underwent a successful emergency angioplasty to enlarge an artery and restore the flow of blood to his heart, physicians said. Dr. Juan Ignacio Vergara, a spokesman for the medical team treating Pinochet, said he was alert and recognized visitors. (AP)

PARIS

World Powers Near Deal On Iran Nuclear Resolution

The six powers seeking a U.N. resolution to punish Iran for its nuclear program are nearing agreement on a text, France's foreign minister said Monday. High-ranking diplomats from the U.N. Security Council's five permanent members plus Germany will meet in Paris on Tuesday to discuss imposing penalties on Iran for refusing to stop uranium enrichment. (AP)

JOHANNESBURG, SOUTH AFRICA

Escaped Criminal Shot, Caught by Security Guard

South Africa's most wanted criminal was shot and recaptured Monday two weeks after he greased himself with petroleum jelly to squeeze out of the country's top security prison. In the end, it was a private security guard, not police, who caught up with Annanias Mathe, a Mozambican awaiting trial on 51 charges including murder and rape. (AP)

4 U.S. Troops Killed in Copter Crash

Craft had to make emergency landing in volatile Anbar province

BAGHDAD, IRAQ | Four U.S. Marines were killed when a Sea Knight helicopter plunged into a lake in volatile Anbar province, the military said Monday, raising to 13 the number of American troops killed in a particularly bloody weekend in Iraq.

It was the second military aircraft to go down in a week in Anbar, a Sunni Muslim province rife with insurgents, although the command said mechanical problems had forced an emergency landing on Sunday and the twin-rotor helicopter from the 3rd Marine Aircraft Wing was not hit by gunfire.

A Marine was pulled from the water but attempts to resuscitate him were unsuccessful, and the bodies of three missing Marines were found in a subsequent search, the military said, adding the 12 other passengers survived.

The deaths came on a weekend in which nine other U.S. troops were killed, including five in Anbar, pushing the total number of American service members who have died since the war started in March 2003 to at least 2,901.

SAMIR MIZBAN/AP

An Iraqi looks at the ruins of a bakery damaged in a car bombing in Baghdad.

Violence was unrelenting on Monday, with at least 13 people killed in attacks nationwide, including Nabil Ibrahim al-Dulaimi, a 36-year-old Sunni news editor with the private, independent Dijlah radio station who was gunned down in his car on his way to work.

Police also found 55 bodies, including 48 that were handcuffed, blindfolded and shot before they were dumped in two different areas of Baghdad. KIM GAMEL (AP)

PHILIPPINES | HOPE FADES FOR TYPHOON SURVIVORS

BULLIT MARQUEZ/AP

A MOTHER'S PAIN: Maricel Arevalo, 31, cries as she searches for her three missing children at what used to be their home in Busay village in the Philippines' Albay province near the slopes of Mayon volcano, seen in the background. Officials said Monday the prospects of finding survivors in the towns and villages swamped by mudslides from devastating Typhoon Durian were "almost impossible." The storm has killed an estimated 1,000 people in the Philippines.

U.S. Marine Found Guilty of Rape

MANILA, PHILIPPINES | A young U.S. Marine faces 40 years in jail after being convicted Monday of rape in a landmark case that has become a symbol for women's rights and national sovereignty in the Philippines.

Makati Regional Trial Court Judge Benjamin Pozon rejected Lance Cpl. Daniel Smith's claim that the woman was a willing partner, saying she was too drunk to have consented to having sex. Three other Marines were acquitted of complicity for allegedly cheering on Smith in the back of a moving van.

As the verdict was delivered, cheers and applause broke out in the courtroom, and the 23-year-old woman began weeping as supporters embraced her.

The woman accused Smith, who had just participated in joint military exercises, of forcing himself on her after a night of drinking at the former U.S. naval base at Subic Bay. Smith, 21, of St. Louis, countered that the young woman was a willing participant. (AP)

Egyptians Say Terror Ring Foiled

American is one of several arrested for role in alleged militant cell

CAIRO, EGYPT | Police have arrested an American, 11 Europeans and several others from Arab countries for allegedly plotting terrorist attacks in Middle Eastern countries including Iraq, the Interior Ministry said Monday.

The group was part of an Islamic militant terror cell that had adopted extremist ideas and was living in Egypt under the guise of studying Arabic and Islamic studies, the ministry said in a statement.

Along with the American, police arrested two Belgians, nine French and several others from Egypt and other Arab countries, according to the statement.

"Investigations have confirmed that those elements are related to some terrorist organizations abroad," the ministry said. "They were seeking to recruit others, teach them destructive beliefs, urging them for jihad, traveling to Iraq to carry out operations via other countries in the region."

All of the arrested were in jail pending further investigation, the ministry said. NADIA ABOU EL-MAGD (AP)

World

SUGAR RUSH: A Norwegian student was sentenced on Monday to 30 days in jail for smashing a cream cake onto the head of the country's finance minister, Kristin Halvorsen, the day she took office in October 2005. During his trial, John Waagaard, 24, admitted throwing the cake.

Brazil Moves To Protect Swath Of Rain Forest

RIO DE JANEIRO, BRAZIL | A swath of Amazon rain forest the size of England was placed under government protection Monday in a region infamous for violent conflicts among loggers, ranchers and environmentalists.

The protected territory totals 57,915 square miles of the Guayana Shield region, an area of Amazon forest stretching across international borders that contains more than 25 percent of the world's remaining humid tropical forests and the largest remaining unpolluted fresh water reserves in the American tropics.

The Washington-based environmental group Conservation International put up $1 million to facilitate the expansion.

The Amazon region covers 60 percent of Brazil and 20 percent of its forest already has been destroyed by development, logging and farming. (AP)

A Perilous Shelter in Afghanistan

Refuges for abused women face uphill battle for acceptance

KABUL | The room was carpeted and cozy, warm from the woodstove and filled with the chatter of children. But the tales their mothers and older sisters told recently were bone-chilling.

Sahara, an angelic-looking young woman, said she was forcibly married at 11, widowed at 12, and kept as a virtual slave by her in-laws for the next eight years. Unable to endure more beatings, she slipped away early one morning, and finally ventured into a police station to ask for help.

Gulshan, a mother of three, said she was falsely accused of murdering her husband after he had an affair with her sister. She was sentenced to five years in jail, and her husband's brothers vowed to kill her upon her release. Under the law, they may also take custody of her small children, who are hidden with her at the shelter.

PAM CONSTABLE/TWP

SEEKING SAFETY: A woman and a girl in a shelter in Kabul, Afghanistan, read in the facility, which houses 20 women who have fled abuse or faced false criminal charges.

Until recently, most of the 20 women at the shelter would probably likely have been either dead or in prison, hunted down by male relatives seeking revenge or criminally charged with actions that would not be illegal in the West, such as eloping with a boyfriend or fleeing from an abusive husband. Some might have committed suicide by burning themselves, as hundreds of desperate Afghan girls and women have done in the past several years.

But Afghanistan is also officially a democracy now, with a ministry of women's affairs and constitutional protections against abuse. In the years since the overthrow of the Taliban in 2001, a network of civic groups has begun promoting women's legal rights and opening shelters that offer them sanctuary.

Despite increasing cooperation from police, the shelters remain controversial and in danger of attack from angry husbands and fathers.

"In our society, it is still unacceptable for a woman to leave home or go to court to solve her problems," said Mari Akrami, who directs the Afghan Women's Skills Development Center. PAMELA CONSTABLE (THE WASHINGTON POST)

The Rule of Rumor

➜ The most formidable obstacle to change, advocates say, is the power of gossip and shame, which can ruin an Afghan woman's reputation for life. | **Today, A1**

IN The Washington Post

Have You Ever Had A Panic Attack?

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- **Felt your heart starting to pound for no reason?**
- **Felt afraid you might die?**
- **Started to shake or sweat without warning?**

If you were afraid of another attack occurring and these came out of the blue, you may have had in the past, or currently suffer, from an anxiety disorder called **Panic Disorder**. NIMH is seeking volunteers 18-55 years old, who are not taking any psychiatric medications, to participate in a brain imaging research study, and/or a physiological and genetic research study. The research is trying to better understand the biological systems of Panic Disorder.

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- Thorough mental health assessment

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National Institutes of Health, Department of Health & Human Services
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http://patientinfo.nimh.nih.gov
or for other studies: www.clinicaltrials.gov

Britons in Moscow to Probe Ex-Spy's Death

MOSCOW | British police investigating the poisoning death of a former KGB agent have officially requested assistance from their Russian counterparts, prosecutors said, as officers arrived in Moscow to collect information amid rising diplomatic tensions.

Alexander Litvinenko, 43, died Nov. 23 in London after ingesting radioactive polonium-210. In a deathbed accusation, he blamed Russian President Vladimir Putin for the poisoning. The Kremlin has vehemently denied the accusations.

Meanwhile, lawyers for an imprisoned security officer, Mikhail Trepashkin, said he has key evidence in the case. Trepashkin reportedly said in a letter from prison that he had warned Litvinenko several years ago about a government-sponsored death squad that intended to kill him and other Kremlin opponents.

MIKHAIL METZEL/AP

British Scotland Yard police investigators arrive in Moscow on Monday.

Foreign Minister Sergey Lavrov warned Monday that continued suggestions of Russian official involvement in Litvinenko's death could damage relations with Britain.

British law enforcement authorities earlier said a team of nine officers would travel to Moscow to interview several people, including Andrei Lugovoi, another former agent who met Litvinenko on Nov. 1 — the day he fell ill. (AP)

2007: The Year You Could Make a Million Dollars in Real Estate

Robert Allen's legendary workshop reveals how to change your financial future in 90 days or less

Years ago, when I invented the now world-famous "Nothing Down" real estate system, people thought it simply couldn't be done... Buying real estate without investing a dime of your own money! But, I have proven it can be done, year after year, in all kinds of housing markets. Perhaps you've seen me on TV — or perhaps you've read one of my best-selling books.

I've shown tens of thousands that just about anyone can make a fortune in real estate. But I have to tell you, in all my years of showing people how to create wealth through real estate, I believe it's never been as easy as it is today. Plus, I believe you can make more money now in real estate than ever before. And you can do it quicker.

Even if you're stone-cold broke right now, you can still become richer than most Americans will ever be. The profit floodgates have truly opened for so many of my students. I believe you too can take advantage of all the lasting wealth that real estate can provide. And I'd like to tell you how in my updated workshop, *Creating Wealth with Real Estate®*.

SAN FRANCISCO

Challenge #1: ***Find fast wealth in any city, town, or neighborhood***

When I first developed my revolutionary system for buying real estate, I very publicly challenged the media to... "Send me to any city in America. Take away my wallet. Give me $100 for living expenses. In 72 hours, I'll buy an excellent piece of property, using none of my own money." Keep in mind, I would have no cash to invest. No connections. No firsthand knowledge of the real estate market where I was going. But I would have my new system for buying real estate. And that meant none of the above mattered.

DONE

I didn't buy just one property. I bought four!

The *Los Angeles Times* took me up on my gutsy challenge. In just 57 hours, I had taken title to not one, but to four properties — adding $722,000 in assets to my real estate portfolio. That's the equivalent of more than $10,000 an hour.

ST. LOUIS

Challenge #2: ***Take someone from unemployed to over $100,000 in equity***

No better example of "ANYBODY CAN DO THIS" exists than when I made another major public challenge. As you might be able to guess, I'm not shy about telling others how my system works. So I declared…"Send me to any unemployment line in America. Let me select someone that is broke, out of work, and discouraged. In two days' time, I'll teach my strategies for Creating Wealth. In 90 days, that person will be back on his/her feet with $5,000 in the bank."

DONE

It was in St. Louis, Mo., where I pulled a couple out of the unemployment line and placed them on the path to wealth. Within 90 days, these first-timers earned more than $5,000 in cash. But that was just the beginning... Within the next 12 months, they garnered more than $100,000. It changed their lives forever. Think of how an extra $100,000 or more could change your life and improve your family's future. What dreams have you put aside that $100,000 could reawaken?

NEW YORK

Challenge #3: ***Prove anyone can do it***

I've become famous as America's leading expert on purchasing real estate with no money down. I've been interviewed in newspaper, and on radio and TV. In fact, Regis Philbin challenged me on the spot to prove my system worked for anyone. I selected a young woman right out of Regis' studio audience and guided this first-timer to earning more than $20,000 in 90 days. And now, I'd like to pull you out of your chair and invite you to discover why my powerful and internationally acclaimed *Creating Wealth with Real Estate®* program has been so hugely rewarding for people across the country — and why it can also be your path to substantial wealth.

DONE

Your turn to succeed

Can you become a millionaire? Dozens of my students have. At the FREE preview of my workshop, you'll see real-life examples of how my powerful wealth-creation strategies have helped people jump into making money right away.

Challenge #4: Make you my next millionaire! STARTS NOW!

I've proved time and again that my system can work just about anywhere, anytime, and for just about anyone — even people who are flat broke. Now, I'd like to prove it can work for you. In fact, my big mouth could make you a millionaire. That's because I've challenged myself to create millionaires all across America. Yup, I went right for the "M" word: millionaire. Raised a few eyebrows with that one. But remember, you don't need money in the bank to buy real estate. You don't even need good credit. All you need is my *Creating Wealth with Real Estate®* system and the personal gumption to go out and apply it.

Now it's your turn to take a step toward real wealth

The wealth is out there. I will show you how it's possible to find it and grab it. Take a life-changing step toward financial independence for yourself and your family today. The road (it's more of a superhighway actually) to millionaire status begins right here. Right now, my goal is to create millionaires all across the country. And I'd like to count you among them. There's no telling when my FREE workshop will be back in your area, because it's simply impossible for me to bring my famous workshop to every city. Grab this unique opportunity to discover hidden wealth opportunities in real estate.

Bring someone you care about

If you have a friend or family member who wants to increase their wealth, bring them to this FREE empowering event. I believe there's never been a better time to invest in real estate than right now.

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— Gary Harris, Missouri

"These are proven methods — they work. You can make $25,000 to $35,000 in a matter of 60 days or less."
— Preston Fleming, Illinois

"I just sold my first project; my net profit after all costs was $65,000. I received the check on my 40th birthday."
— Henning Van Deusen-Jensen, California

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— John (Chuck) Neuschafer, Georgia

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- Find fantastic foreclosure properties before they ever hit the courthouse steps
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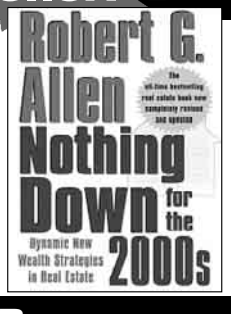

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Greenbelt Hilton Garden Inn	**Fairfax Marriott at Fair Oaks**	**Rockville Doubletree**	**Hunt Valley Marriott**
7810 Walker Drive	11787 Lee Jackson Memorial Highway	1750 Rockville Pike, Rockville	245 Shawan Road
Greenbelt	Fairfax	OR	Hunt Valley
		7:00 PM	
		Baltimore Sheraton North	
		903 Dulaney Valley Road, Towson	

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RAI292AFP - Washington WK50

Local

2.5 **The number of years** Washington officials estimate it will take to complete $140 million in upgrades to St. Elizabeth's Hospital. Work is expected to begin this month on a new, 292-bed building on the Anacostia campus.

Crash Explosion Damages Complex

Vehicle smashes into gas meter at building, causing massive blast

ROCKVILLE, MD. | An out-of-control vehicle hit a gas meter outside an apartment building Monday, igniting an explosion and subsequent fire that damaged about 10 units in the complex, authorities said.

The driver suffered a seizure before her BMW sport utility vehicle slammed into the building of town house-style apartments about 9:15 a.m., said Pete Piringer, a spokesman for the Montgomery County Fire and Rescue Department.

"She made a bull's-eye on the gas meter," Piringer said.

ROBERT A. REEDER/TWP

A gas meter explosion and fire damaged a Rockville apartment building Monday.

A 37-year-old female resident had serious injuries and was taken to a hospital, he said. The driver was also taken to a hospital.

The blast leveled portions of the building's facade. Flames fed by a combination of natural gas from the dislodged meter and gasoline from the damaged vehicle quickly spread to other units in the building

Most of the residents of the 18-unit building were at work or school when the incident occurred. The few minutes between the accident and the explosion gave time for those at home to escape. DERRILL HOLLY (AP)

Blustery battle: Strong winds helped spread the fire, which displaced five families. | **Today's Post, Metro**

In Brief

WASHINGTON

Waterside Mall to Be Turned Into Multiuse Town Center

Mayor Anthony Williams said Monday that Waterside Mall in Southwest will be redeveloped into a 2.5-million-square-foot town center. The center will feature office, residential and retail space, including a grocery store for the neighborhood. Williams said the project will "deliver tremendous benefits to the Southwest community." He said it will continue the progress the city has made in revitalizing the area. (AP)

Williams

WASHINGTON

Cancer Society to Begin Ads Alerting of D.C. Smoking Ban

The American Cancer Society's Action Network has launched an ad campaign to make sure everyone knows about D.C.'s upcoming smoking ban. The ban begins Jan. 2, and people should start noticing ads promoting it when they pass a bus or use the restroom in a bar or restaurant. A Metrobus ad reading, "Hold Your Breath. January is Coming," shows a man holding his breath and folding his arms. (AP)

The Lotteries

Monday, December 4

DISTRICT	
Mid-day Lucky Numbers	0-6-6
Evening Lucky Numbers	8-9-0
Mid-day DC 4	4-9-1-6
Evening DC 4	7-8-7-5
Rolling Cash Five	20-16-5-29-2
Daily 6	15-10-36-29-5-18 (27)

MARYLAND	
Mid-day Pick 3	0-1-8
Evening Pick 3	8-2-3
Mid-day Pick 4	4-8-5-6
Evening Pick 4	1-7-8-0
Match 5	8-23-25-27-35 (39)

VIRGINIA	
Mid-day Pick 3	5-2-5
Mid-day Pick 4	3-1-9-5
Mid-day Cash 5	9-14-27-29-31

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express' deadline will be published two days later.

Two Dead in Silver Spring Accident

SILVER SPRING, MD. | County police say two people are dead following a Sunday night crash.

The victims were killed when their Honda Accord was struck by a Chevrolet Impala speeding north on Georgia Avenue about 11:40 p.m.

Lt. Eric Burnett described the victims as two men in their 20s. Their names haven't been released.

Two women in the Honda were hospitalized with injuries that were not life-threatening. One person in the Impala also was taken to the hospital.

Witnesses told police that one or two other people inside the Impala may have fled the scene. (AP)

Speed kills: Police chase of the Impala earlier in D.C. may have led to the accident. | **Today's Post, Metro**

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Money

Pfizer Sees Stock Tumble

Market reacts after drugmaker halts new cholesterol treatment

NEW YORK | Shares of Pfizer Inc., the world's largest drugmaker, sank Monday on news that the company had halted development of a key new cholesterol treatment that was heralded as the engine to re-ignite the company's stagnant sales.

The stock plunged $3.63, or 13 percent, to $24.23 in morning trading on the New York Stock Exchange.

Pfizer said Saturday that an independent board monitoring a study for cholesterol treatment torcetrapib recommended the work end because of an unexpected number of deaths and other complications.

MARK LENNIHAN/AP

Pfizer will likely cut its work force and push merger deals, analysts predict.

The news is a devastating blow for Pfizer. It spent around $800 million to develop torcetrapib, which was supposed to fill the void when its best-selling drug, cholesterol treatment Lipitor, loses patent protection in 2010 or 2011. Lipitor sales totaled $12.2 billion last year.

Pfizer will likely slash staff and accelerate merger and licensing deals as the pressure on it to improve its financial performance intensifies, analysts said. The good news for Pfizer is that it has solid cash flow and a management team that understands its challenges, analysts said.

Torcetrapib was designed to raise levels of HDL, or what's commonly known as good cholesterol. Pfizer has two other products in development to raise HDL, using the same method as torcetrapib. It is too soon to say whether they will be affected by the compound's demise because it is still unclear what caused the patient deaths in the trial. (AP)

In Brief

NEW YORK

Bank of New York to Buy Mellon Corp. in $16.5B Deal

Bank of New York Co. has agreed to take over Mellon Financial Corp. in a $16.5 billion all-stock deal that will create the world's largest securities servicing company and one of the biggest asset managers. The new company — which will be called the Bank of New York Mellon Corp. — will be the world's leading asset service with $16.6 trillion in assets under custody. But the companies also said in announcing the deal that they expect it will result in the elimination of about 3,900 jobs, or nearly 10 percent of their combined work force of about 40,000. (AP)

MEMPHIS, TENN.

FedEx to Raise Rates for Ground, Home Delivery in '07

FedEx Corp. said Monday it will increase standard list rates for FedEx Ground and FedEx Home Delivery shipments by an average 4.9 percent on Jan. 1. FedEx said last month that rates for its FedEx Express shipments will increase by 3.5 percent at the first of the year, when a decrease in fuel surcharges of 2 percentage points is factored in. The company also will begin adding other "transportation-related surcharges" to total costs before figuring fuel surcharges on ground shipments, FedEx said. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
StationCas	84.90	+15.80	+22.9
BkNY	39.75	+4.27	+12.0
BoydGm	46.70	+4.70	+11.2
GpoRadio	8.50	+.83	+10.8
PilgrimsPr	27.90	+2.52	+9.9

Losers

LSI Log	9.12	-1.44	-13.6
Pfizer	24.90	-2.96	-10.6
DynCorp n	12.69	-.85	-6.3
KA MLP	30.20	-1.67	-5.2
Recksn	45.75	-2.34	-4.9

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Micromet n	3.00	+.98	+48.5
Kyphon	43.60	+10.08	+30.1
Isramc	25.71	+4.07	+18.8
SmplTch	10.35	+1.57	+17.9
Iomai n	5.04	+.03	+0.6

Losers

OnyxPh	12.18	-5.32	-30.4
SupVsn	2.01	-.61	-23.3
Depomed	2.95	-.68	-18.7
CdnSolar n	10.59	-1.40	-11.7
Conolg rs	2.75	-.31	-10.1

DOW	NASDAQ	S&P 500
+89.72	+35.18	+12.41
+0.74	+1.46	+0.89
12283.85	2448.39	1409.12

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.25
3-month disc	4.87	4.91
2-year	4.51	4.72
10-year	4.43	4.53
30-year	4.54	4.61

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5051	.5049	.5767
Canadian Dollar	1.1414	1.1451	1.1607
European Euro	.7503	.7499	.8537
Japanese Yen	115.35	115.35	120.42
Mexican Peso	10.9394	11.0306	10.4520
Taiwanese Dollar	32.31	32.36	33.53

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	69.15	-.23	-12.3
Amylin	39.90	+.62	-.1
BiogenIdc	51.78	-.38	+14.4
Celgene s	57.93	+1.66	+78.8
ChRvLab	42.74	+.52	+.9
GenProbe	50.96	+1.47	+4.4
Genentch	82.92	+.21	-10.4
Genzyme	63.27	+.50	-10.6
GileadSci	67.62	+2.40	+28.6
Imclone	29.88	-.34	-12.7
Invitrogn	56.54	+.36	-15.2
MedImun	32.99	+.03	-5.8
MillPhar	11.35	+.08	+17.0
PDL Bio	22.36	+.41	-21.3
VertxPh	44.19	+.05	+59.7

WEIGHT OF THE WORLD: Harem Ali earned war-ravaged Iraq a bronze medal on Monday, ending the country's two-decade medal drought at the Asian Games. "This medal is to all Iraqis, from the north to the south," said the 21-year-old Kurd from the northern city of Sulaimaniyah.

Sports

Offensive Series Changes the Tide

After running the ball effectively for 2 TDs, Redskins made switch

REDSKINS | In the first quarter, the Washington Redskins essentially held up a neon sign that read: "We are going to run the ball." The Falcons couldn't do anything about it.

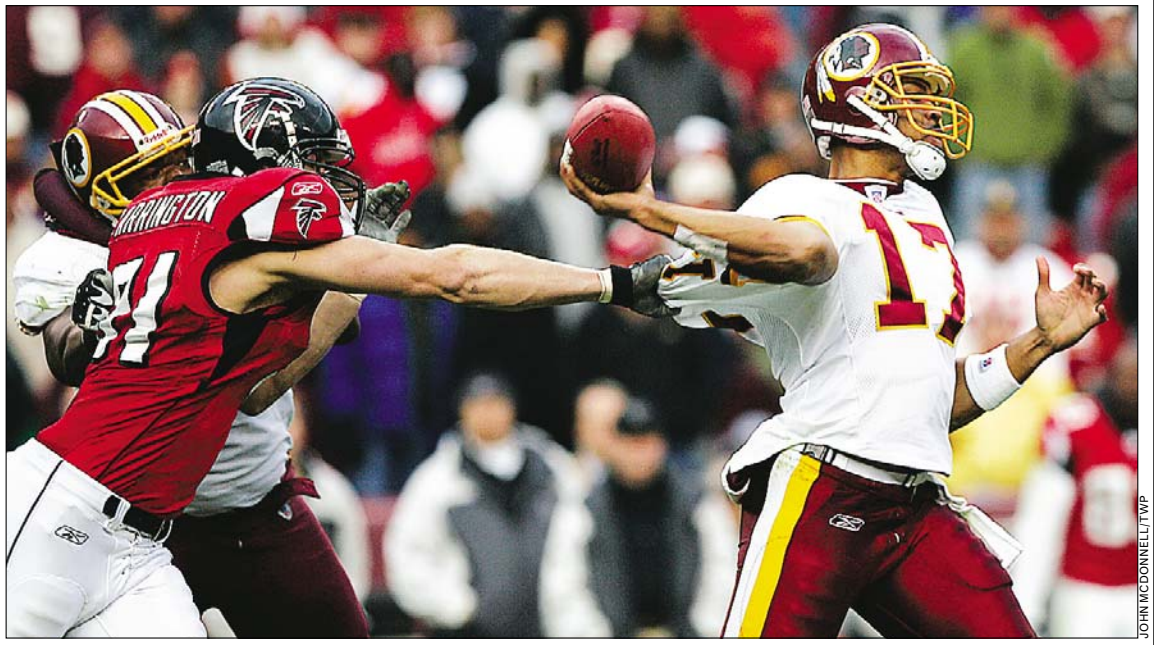
The red Falcons jerseys were falling like dominoes before an offensive line that was worthy again of its "Dirtbags" nickname. Ladell Betts to the left for 15 yards. Betts to the right for 9 yards. T.J. Duckett up the middle a couple of times. The Redskins ran plays with an extra lineman and only one wideout — blocking receiver James Thrash — leaving no pretense that a pass was even a possibility.

Jason Campbell threw only two passes in 14 plays during the team's two first-quarter drives. The Redskins took a 14-0 lead.

Then came Series No. 3. With good field position near midfield, play-calling coach Al Saunders decided to go for the kill, even though the run had been working.

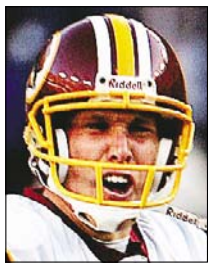
"We had the defense on their heels," Campbell said. "We thought it was time to take advantage."

First down was a pass caught by Santana Moss — out of bounds.



JOHN MCDONNELL/TWP

The Falcons' Paul Carrington, left, pulls Redskins quarterback Jason Campbell from behind during the loss on Sunday.



REDSKINS CUT KICKER NOVAK

The team will stick with the stronger-legged Suisham despite his 0-for-1 performance in Sunday's disappointing home loss to the Falcons:

➜ The Washington Redskins cut Nick Novak on Monday, leaving Shaun Suisham as the team's only kicker despite an inauspicious debut. Suisham, signed from the practice squad Saturday, missed wide left with his only field goal attempt — a 50-yarder — and hit several line-drive kickoffs in Sunday's 24-14 loss to the Atlanta Falcons. But that was still enough for the Redskins to give him the nod over Novak, who made only five of 10 field attempts this season and regularly left his kickoffs short. (AP)

Second down was a gadget play, a reverse to Antwaan Randle El that lost 2 yards. Third down was an incomplete pass to Randle El.

The Redskins punted. The momentum was lost for good. The Redskins never scored again and lost 24-14.

"I never want to pinpoint one series," Moss said. "But, as a player, I was kind of disappointed that we didn't do something more that series." JOSEPH WHITE (AP)

Weis: Quinn Is the Nation's Best QB

Irish coach backs his Heisman hopeful but knows it's a long shot

COLLEGE FOOTBALL | Notre Dame coach Charlie Weis thinks he knows who is going to win the Heisman.

It isn't Brady Quinn.

"I think Troy Smith will win, and I don't think it will be close," Weis said.

That's not a knock on Quinn. Weis has no doubt Quinn is the better quarterback and more valuable to No. 11 Notre Dame (10-2) than Smith is to top-ranked Ohio State (12-0). He just doesn't believe most Heisman voters share that view.

"Troy Smith happens to be the best player on the best team, or the most valuable player on the best team that's undefeated. It's tough to argue with that," he said.

CHRIS GARDNER/AP

Notre Dame QB Brady Quinn threw for 3,278 yards and 35 TDs this season.

But Weis believes it's hard for anyone to be better than Quinn has been for the Irish. Quinn hit on 274 of 432 passes, a 63.4 completion rate, for 3,278 yards and 35 touchdowns, throwing just five interceptions.

Quinn already won the Johnny Unitas Golden Arm Award, given to the nation's top senior quarterback. He finished seventh in pass completions per game (23.5) and ninth in passing yards per game (273.5). He also led the Irish to comeback victories over Michigan State and UCLA.

"I can't imagine any player in this country being more important to his team than Brady Quinn is to ours," Weis said. "Maybe that exists. I just can't imagine it." TOM COYNE (AP)

OPENING NIGHT: D.C. United will play its first game of the '07 season at Colorado on April 7. Its first home game will be against the Kansas City Wizards on April 14.

TODAY'S TV LINEUP

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) In New York, Oklahoma State takes on Syracuse and Louisville plays Arizona as part of the Jimmy V Classic.

HOCKEY (8 P.M. ON VERSUS) For those craving Tuesday-night hockey, the Blackhawks travel to Minnesota to play the Wild.

SOCCER (2:30 P.M. ON ESPN2) In UEFA Champions League play, FC Barcelona hosts Werder Bremen.

Swengali

COLLEGE FOOTBALL | BY MATT SWENSON

College Football Needs a Playoff

SINCE THERE'S NO REAL REASON to talk about the area's pro football team, let's talk about a mess on the college level: the BCS.

Once again, college football's system for determining a champion is already clouded in controversy — and that's a month before the title game is even set to be played.

The problem is that the BCS only works when there are two undefeated teams in major conferences.

Two years ago, there were three perfect teams, and Auburn was shut out; last year worked out great with Texas and USC. This year we have only the Buckeyes left standing.

No one's disputing that Florida is a good team. But are the Gators really better than Michigan? Both have one loss, and the Wolverines' blemish came against the undisputed best regular season team, Ohio State, which had home-field advantage.

No one's disputing that Florida is a good team. But ... better than Michigan?

A playoff, long the dream of BCS critics, would not end the debate. Invariably, there would be the ninth team looking at the outside of an eight-team tournament claiming it deserves a shot. The same thing happens with March Madness and the 66th team.

However, by the end of the basketball tournament, no one disputes who the true champion is.

The same would hold true in football. Would regular season games be less meaningful as a result? Maybe, but it's worth it so the right team can dance to that overplayed Queen song.

@ | To reach Matt Swenson, e-mail matt.swenson@readexpress.com

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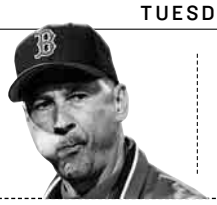
"I haven't chewed since the ninth inning of the last game. I quit chewing every year. ... If our guys throw strikes, I'll quit. If they don't throw strikes ... it's up to them."

— **Red Sox coach Terry Francona**, who is in Florida this week for baseball's winter meetings, on chewing tobacco.



Sports

In Brief

TIM LARSEN/AP

Rutgers coach Greg Schiano argues with a referee during a game last month.

COLLEGE FOOTBALL

Schiano Talks With Miami, Will Remain Rutgers Coach

Rutgers coach Greg Schiano will stay with the school he led to national prominence this season, rather than pursue taking over the troubled Miami program. "This is where I want to be. This is the job I want to have," Schiano said Monday. Schiano, Miami's defensive coordinator in 1999 and 2000, said he told Hurricanes athletic director Paul Dee on Monday that he was not a candidate to become their head coach. (AP)

BASKETBALL

Miami's Wade Honored by SI As Sportsman of the Year

Dwyane Wade is Sports Illustrated's Sportsman of the Year, the fifth pro basketball player honored in the 52-year history of the award. Wade, who led the Miami Heat to the NBA title and earned NBA finals MVP honors last season, will receive the award Dec. 14 in New York. "Dwayne embodies that winning spirit by playing for his team," SI group editor Terry McDonell said. (AP)

Wade

BASEBALL

MLB to Play Civil Rights Game

Major league baseball will pay tribute to the civil rights movement with an exhibition game between the World Series champion St. Louis Cardinals and the Cleveland Indians in Memphis, Tenn., on March 31. The game will raise money for the National Civil Rights Museum and other charities. (AP)

Plenty of Justifications for Florida

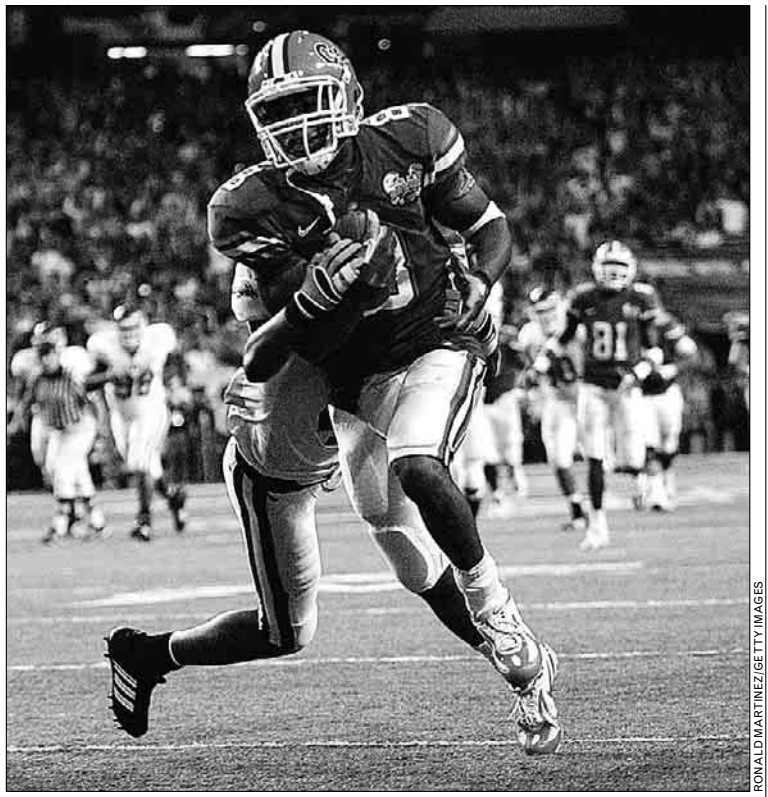
Tough schedule among reasons to pick Gators for BCS championship

COLLEGE FOOTBALL | Avoid a rematch. Stronger schedule. Conference champion.

Those were the main reasons cited Monday by many poll voters for jumping Florida over Michigan on their final ballots, setting up a Gators-Buckeyes matchup in the BCS national title game Jan. 8.

"If you beat a team one time, why do they get the national championship if they win the second time?" said Earle Bruce, the former Ohio State coach who votes in the Harris Interactive poll and moved Florida ahead of Michigan. "I mean, they've already played one time and lost."

The Gators (12-1), who beat Arkansas to win the Southeastern Conference title on Saturday, moved from fourth to second in the final BCS standings Sunday. The Wolverines (11-1), who lost to the Buckeyes 32-29 on Nov. 18, remained third, while USC dropped to fifth.



RONALD MARTINEZ/GETTY IMAGES

Florida's Percy Harvin runs into the end zone with a defender on his back during the SEC Championship, a game that helped change the minds of many BCS voters.

"At the end of the day, Florida won its conference championship. Michigan did not," said Harris poll voter Ray Melick of the Birmingham News.

Strength of schedule carried weight with voters, too.

It was such a big deal for Jim Walden, a former Washington State head coach, that he picked Florida No. 1 in the Harris poll, calling Florida's schedule "murderous."

"In my heart of hearts, I believe that neither Ohio State or Michigan could get through Florida's schedule with only one loss."

Illinois coach Ron Zook, who used to coach Florida, was among the voters in the coaches' poll who elevated the Gators. He was also the only Big Ten coach to vote Florida ahead of Michigan.

"Believe me, it's no slight to Michigan at all," Zook said. "For me, it was the fact that they played a 13th game." RICHARD ROSENBLATT (AP)

UCLA, Pittsburgh Stay Nos. 1 and 2 In Latest Top 25

COLLEGE HOOPS | UCLA and Pittsburgh held onto Nos. 1 and 2 in The Associated Press' college basketball poll released Monday. The following three spots, however, were reshuffled by upsets.

Ohio State, Florida and Kansas tumbled from their respective 3-4-5 slots following losses last week, while Oklahoma State and Xavier made their season debuts in the Top 25. North Carolina took over No. 3, Alabama moved into fourth and the Buckeyes slid to fifth.

Nine ranked teams lost a total of 10 games this week. In the previous week, 10 members of the Top 25 lost at least one game.

The Bruins (6-0) stayed on top for a second straight week, receiving 55 first-place votes and 1,781 points from the 72-member national media panel. UCLA celebrated its first No. 1 ranking since 1995 with two victories. (AP)

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Sports

DENIS POROY/AP

Jose Guillen batted .216 with nine home runs and 40 RBIs with the Nationals last season. He agreed to a one-year, $5.5 million contract with the Mariners on Monday.

Guillen Is Headed To the Mariners

Former Nats outfielder agrees to a one-year, $5.5 million contract

BASEBALL | Jose Guillen and Ichiro Suzuki in the same outfield — Seattle manager Mike Hargrove has never had two arms so strong side-by-side.

The Mariners and Guillen agreed on a one-year, $5.5 million contract Monday with a mutual option for 2008, giving Seattle a starting right fielder and a dangerous bat in the middle of the order.

The deal was the first formal signing of the four-day baseball winter meetings that began Monday.

Guillen missed much of the 2006 season with the Washington Nationals following reconstructive surgery on his right elbow. The Mariners hope his addition is only a start because they want to upgrade their starting rotation.

"I'm just looking forward to this opportunity to try to get back on board and have the success that I've had before," Guillen said when introduced in Seattle's hotel suite.

The 30-year-old Guillen batted .216 in 69 games last season during his second year with the Nationals, hitting nine home runs with 40 RBIs before his elbow injury.

He can earn up to $3 million in performance bonuses. He will take over right field from Suzuki, who is moving to center — making them quite a defensive pair in the outfield.

"He's a hard-nosed player and likes to play the game. That's what we're looking for," Hargrove said.

JANIE MCCAULEY (AP)

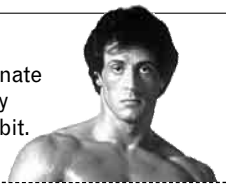
Ravens Replace Injured Return Man

RAVENS | The Ravens are turning to undrafted rookie Cory Ross and starting WR Mark Clayton to replace return specialist B.J. Sams.

Ross will primarily handle kickoff returns with Clayton filling in as a punt returner behind nickelback Corey Ivy. Sams was the fifth-ranked kickoff returner and seventh-ranked punt returner in the NFL before he broke his fibula during Thursday's 13-7 loss to the Cincinnati Bengals.

"Sometimes, life isn't fair, and B.J. was having such a great year," Ravens coach Brian Billick said. (AP)

YO, SMITHSONIAN: Rocky Balboa is being institutionalized. Sylvester Stallone will donate memorabilia from the "Rocky" films to the Smithsonian, and the items will go on display Dec. 21 at the National Air and Space Museum's "Treasures of American History" exhibit.



Entertainment

Bass-Heavy Bangers

Singer Ciara brings the sweet goodies on 'The Evolution'

MUSIC | Ciara Harris hearts the '80s, and it shows on the 21-year-old singer's sophomore album, "Ciara: The Evolution," due out Dec. 5.

"There was a certain way a record used to groove back in the day. I wanted to go back to what I really loved growing up," says Harris, who co-produced the album. "With my last album [2005's "Goodies"], I was going with the flow, but here I was able to start from scratch. It started with me just having a clear vision of where I wanted to go."

First, that meant drawing from fellow danceaholics like Prince, Madonna, Michael Jackson and TLC. Second, Harris wanted to get more personal. "I challenged myself to think deeper and open up more to my fans, because I've been a very private person," she says.

The Atlanta-bred singer explains that "Goodies," which has sold 2.6 million copies in the United States, according to Nielsen SoundScan, kept things "fun and simple," spawning energetic cuts like "1, 2 Step" and the title track.

But "Evolution" pulls a bait-and-switch, leading with the sensual ballad "Promise," produced by Polow Da Don. Excluding "Promise" and a handful of ballads, including the Pharrell-helmed "I'm Just Me," "Evolution" is filled with bass-heavy tracks. Producers include Rodney Jerkins ("Make It Last Forever"), Lil Jon ("That's Right," "C.R.U.S.H."), Will.i.am ("Get In, Fit In") and Bryan-Michael Cox ("So Hard").

"I wanted to make sure we didn't just get a bunch of songs from people that work with any other R&B artist," says Ethiopia Habtemariam, vice president of urban creative affairs at Universal Music Publishing Group, who serves as the album's A&R executive. "[Ciara] was part of every track that was conceived."

However, the sole contribution from Harris' frequent collaborator Jazze Pha, who released "Goodies" via his Sho'Nuff imprint, is "Get Up," which also appears on the film soundtrack to "Step Up." Both parties dodged questions about their dwindling relationship, and Harris declined to clarify whether the reasons are legal. Pha says, "I did a couple of songs, [but] I didn't really work on this album as much. She's basically doing her own thing."

Much of Harris' thing involves dance. The singer founded the Atlanta-based Universal Dance Agency, and "Evolution" comes with an accompanying DVD of do-it-yourself lessons. CLOVER HOPE (BILLBOARD)

BRYAN BEDDER/GETTY IMAGES

CALL ME MS. HARRIS IF YOU'RE NASTY: Atlanta-based singer Ciara Harris looked to the '80s for inspiration for her new dance-friendly CD, "Ciara: The Evolution."

RALPH ORLOWSKI/GETTY IMAGES

LOVE YOU! Penelope Cruz and Pedro Almodovar snuggle with their trophies.

Euro 'Oscars' Granted

Cruz and Almodovar clean up at 2006 European Film Awards

FILM | The German Stasi drama "The Lives of Others" won the best picture award Saturday at the 19th annual European Film Awards, while director Roman Polanski was honored with a lifetime achievement award in the country of his childhood.

"The Lives of Others" also picked up two more awards, with the best actor award going to Ulrich Muehe for his role as a Stasi agent. The best screenwriter award went to Florian Henckel von Donnersmarck, also the film's director.

Spaniard Pedro Almodovar won best director for "Volver," an oddball comic drama that explores the culture of death in La Mancha — Almodovar's hometown — through three generations of strong women surviving without men. He dedicated the award to leading actress Penelope Cruz and her co-stars, actresses who he said represented "the incredible women that surrounded me when I was a child."

The 32-year-old Cruz won the best actress award and gave the most emotional acceptance speech of the evening. "Pedro, I love you so much," Cruz said, fighting back tears, in an outpouring of gratitude for her director. "Thank you for believing in me. You're changing not only my career, but a lot of things in my life." VANESSA GERA (AP)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE WASHINGTONPOST.COM/ENTERTAINMENT

MELISSA FERRICK

'Strangers' Music

1 The new CD by folkie Melissa Ferrick, "In the Eyes of Strangers," is filled with cuts that sound like they could have come off the greatest-hits discs of Indigo Girls and Ani DiFranco. Ferrick's lyrical motifs include exhaustion, heartache and perseverance — and contrast compellingly with the (largely) uplifting melodic gems they're set to.

→ *The State Theatre, 220 North Washington St., Falls Church; 8:30 p.m., $18; 703-237-0300. (East Falls Church)*

To read our conversation with Melissa Ferrick, visit **readexpress.com**

SCOTT GRIES/GETTY IMAGES

LUPE FIASCO

The Least Gangsta MC

2 Lupe Fiasco's best-known song, "Kick Push," is a jazzy tale of skate-rats in love with rebellion, each other and skateboarding. It's all so cuddly.

→ *9:30 Club, 815 V St. NW; 8:30 p.m., $20; 703-218-6500. (U St.-Cardozo)*

'ISSUES IN PLAYWRITING'

Masterpieces of Theater

3 Nilo Cruz, David Henry Hwang, Moisés Kaufman, Charles Randolph-Wright and Karen Zacarias discuss "21st Century Issues in Playwriting."

→ *Georgetown University, 37th and O streets NW, in the Arts Center's Gonda Theater auditorium; 7:30 p.m., free; 202-488-3300. (Rosslyn)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment

THAT'S MR. REESE TO YOU: Justin Berfield, the dumb-bully brother Reese on "Malcolm in the Middle," is becoming a Hollywood mogul, producing two films: "Captain Trips: A Biography of Jerry Garcia" and Jessica Simpson's "Blonde Ambition."

Divine Heavy Metal

Sepultura talks D.C. hardcore, purgatory, Dante and philosophy

MUSIC | When asked to describe his band's sound, vocalist Derrick Green of the Brazilian group Sepultura said "attitude and power, raw energy unleashed, a tornado." Green's innovative and cerebral speed-metal-based band has been extremely popular in South America and Europe for more than a decade, but remains a well-known cult act in the U.S. Green, set to rip the roof off Jaxx tonight, spoke with Express.

Your new album, "Dante XXI," is based on "The Divine Comedy."

The idea was to do a soundtrack to a book. We wanted to incorporate string instruments, horns, try something different, and break [the CD] up into three different areas: hell, purgatory and paradise, like Dante's journey through the book. So many social and political issues that were happening in Dante's time are happening now. We thought it was easy to relate to and modernize it.

People say Sepultura is an "ideology" for some fans.

A lot of fans take being able to survive and conquer any fears or anything that might be holding them back, to do whatever they need to do to move forward. We're constantly challenging ourselves and people want that in their own lives.

STEAMHAMMER

PURGATORY TO PARADISE: Sepultura vocalist Derrick Green (second from left) is a Cleveland-raised ranter who now sings for Brazil's brilliant speed-metal band.

Unlike the rest of Sepultura, you grew up in Cleveland as part of the hardcore scene.

I played in a band in Cleveland for, like, eight years, which was great. I learned so much from being in that scene.

For more of our conversation with Sepultura, visit **readexpress.com**

Do you have a favorite D.C. band?

We opened for Fugazi in 1989 and I didn't go to my school graduation 'cause we had a show with them. I was a D.C. fanatic: Minor Threat, Dag Nasty. My favorite would probably be Scream. There are so many bands. It'll be great to play there.

TIM FOLLOS (EXPRESS)

➜ *Jaxx, 6355 Rolling Rd., West Springfield, Va.; with Sworn Enemy, Die Cast, Suicide Silence and Dead Syndicate, 7 p.m., $25; 703-569-5940.*

For Once, Gibson Praised

FILM | Mel Gibson's effort to find an indigenous cast for his new movie "Apocalypto," which depicts the end of the Mayan civilization, is drawing praise from American Indians.

Gibson wanted an indigenous cast for the project, so the filmmakers found people from the Yucatan, Mexico City, Oaxaca, Xalapa, Veracruz and other spots. Two of the cast members are from the United States, three are from Canada and the rest hail from Central America.

"It is very important to note that Mr. Gibson has gone to great lengths to cast indigenous people in this film," Chickasaw Nation Gov. Bill Anoatubby said. "This not only helps make the film more realistic; it serves as an inspiration to Native American actors who aspire to perform relevant roles in the film industry."

Gibson screened the movie Friday for a sold-out audience at Chickasaw Nation's Riverwind Casino.

TY RUSSELL/AP

NATIVE ACTOR: Rudy Youngblood doesn't look this pretty in "Apocalypto."

Rudy Youngblood, who makes his acting debut as Jaguar Paw, and Raoul Trujillo, who portrays Zero Wolf, arrived in sport utility vehicles and stood on Riverwind's version of the red carpet — a black carpet — to pose for photographers.

Youngblood, a powwow dancer, singer and artist, told reporters he was just there to enjoy the movie, which opens in theaters Dec. 8. (AP)

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THE NATIVITY STORY (PG) DIG (1250 150 340 440) 630 730 920 1010
BOBBY (R) - ID REQ'D DIG (145 445) 745 1025
OC: DEJA VU (PG-13) DIG (310) 940
THE FOUNTAIN (PG-13) DIG (120 350) 635 930
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG 800 1035
DEJA VU (PG-13) DIG (1200 100 200 410 510) 620 720 820 1020
DECK THE HALLS (PG) DIG (1220 220 300 450 530) 715 945
CASINO ROYALE (PG-13) DIG (1220 140 400 500) 710 830 1030
HAPPY FEET (PG) DIG (1230 130 320 420) 610 700 850 950
STRANGER THAN FICTION (PG-13) DIG (1245 345) 645 955
FLUSHED AWAY (PG) DIG (115 415) 640
BORAT (R) - ID REQ'D DIG (1215 315 540) 810 1030
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (210 430) 650 915
BABEL (R) - ID REQ'D DIG 910
THE QUEEN (PG-13) DIG (110 330) 625 900

ROCKVILLE CENTER STADIUM 13
Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
THE NATIVITY STORY (PG) DIG (1200 225 455) 730 1005
TURISTAS (R) - ID REQ'D DIG (1215 240 505) 755 1025
BOBBY (R) - ID REQ'D (105 355) 705 955
THE FOUNTAIN (PG-13) DIG (450) 1000
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG 920
DEJA VU (PG-13) DIG (115 415) 715 810 1020
DECK THE HALLS (PG) DIG (1235 255 510) 735 950
CASINO ROYALE (PG-13) DIG (100 430) 720 805 1035
HAPPY FEET (PG) DIG (120 145 400 425) 710 945
STRANGER THAN FICTION (PG-13) DIG (200 445) 740 1030
FLUSHED AWAY (PG) DIG (1200 210 440) 700
BORAT (R) - ID REQ'D DIG (1245 300 520) 750 1010
OC: SAW III (R) - ID REQ'D DIG (100) 710

FAIRFAX TOWNE CENTER 10
4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
THE NATIVITY STORY (PG) DIG (120 200 350 440) 700 730 930 1000
DEJA VU (PG-13) DIG (100 140 300 400 450) 645 720 800 950 1020
DECK THE HALLS (PG) DIG (110 340)
DECK THE HALLS (PG) (150 420) 725 955
BORAT (R) - ID REQ'D DIG (105 310 520) 740 1005
DEPARTED (R) - ID REQ'D DIG 650 1010
THE PRESTIGE (PG-13) (115 410) 710
FOR YOUR CONSIDERATION (PG-13) DIG (130 430) 735 940
BABEL (R) - ID REQ'D 1015

GERMANTOWN STADIUM 14
20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
THE NATIVITY STORY (PG) DIG (100 415) 715 950
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG (1140 220 500) 740 1020
TURISTAS (R) - ID REQ'D DIG (1215 245 515) 800 1040
DEJA VU (PG-13) DIG (1230 130 400 445) 715 800 1030
CASINO ROYALE (PG-13) DIG (1200 330) 700 745 1015
HAPPY FEET (PG) DIG (1130 1200 200 245 430 515) 750 1030
DECK THE HALLS (PG) DIG (1230 400) 650 945
BOBBY (R) - ID REQ'D DIG (1220 345) 710 1020
THE FOUNTAIN (PG-13) DIG 645 1000
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG 1000
STRANGER THAN FICTION (PG-13) DIG (1245 430) 720 1015
FLUSHED AWAY (PG) DIG (1130 150 415)
BORAT (R) - ID REQ'D DIG (1210 230 510) 750 1035
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1135 210 445) 730

UA SNOWDEN SQ STADIUM 14
9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG (230 500) 800 1020
TURISTAS (R) - ID REQ'D DIG (215 515) 815 1030
THE NATIVITY STORY (PG) DIG (130 430) 730 1000
BOBBY (R) - ID REQ'D DIG (1245 330) 645 945
THE FOUNTAIN (PG-13) DIG 700 930
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG 1010
DEJA VU (PG-13) DIG (1230 100 345 445) 700 745 1010
DECK THE HALLS (PG) DIG (200 500) 745 1000
CASINO ROYALE (PG-13) DIG (1230) 715 815
HAPPY FEET (PG) DIG (1245 115 345 415) 715 945
STRANGER THAN FICTION (PG-13) DIG (100 400) 645 930
BORAT (R) - ID REQ'D DIG (1235 245 515) 800 1020
FLUSHED AWAY (PG) DIG (1225 230 445)
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (130 415) 730
OC & DA: CASINO ROYALE (PG-13) DIG (400) 1030

MANASSAS STADIUM 14
11380 Bulloch Drive 800-FANDANGO 490#

Adv. Tix on Sale PURSUIT OF HAPPYNESS (PG-13) ★
Adv. Tix on Sale BLOOD DIAMOND (R) - ID REQ'D ★
Adv. Tix on Sale ERAGON (PG) ★
Adv. Tix on Sale CHARLOTTE'S WEB (G) ★
THE NATIVITY STORY (PG) DIG (1130 200 430) 720 950
VAN WILDER: RISE OF TAJ (R) - ID REQ'D DIG (1200 230 455) 725 955
TURISTAS (R) - ID REQ'D DIG (1145 205 425) 745 1005
BOBBY (R) - ID REQ'D DIG 725 1025
THE FOUNTAIN (PG-13) DIG (1200 230 455) 755 1025
TENACIOUS D IN: PICK OF DESTINY (R) - ID REQ'D DIG 1000
DEJA VU (PG-13) DIG (1215 1245 315 345) 640 710 940 1010
DECK THE HALLS (PG) DIG (1150 210 435) 700 925
CASINO ROYALE (PG-13) DIG (1230 340) 635 705 945 1015
HAPPY FEET (PG) DIG (1140 1240 220 320 500) 740 1020
STRANGER THAN FICTION (PG-13) DIG (1225 330) 645 930
FLUSHED AWAY (PG) DIG (1155 215 445)
BORAT (R) - ID REQ'D DIG (1210 225 450) 800 1030
SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) DIG (1125 150 415) 730

Times For 12/5/06 Daily Bargain Matinees In ( ) OC= Open Captioned DA= Descriptive Audio Available * Pass / Discount Ticket Restrictions Apply Gift Cards On Sale Now! ©2006

Problems with alcohol and anger?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is seeking people whose drinking and anger are causing problems for themselves of for their families. A treatment study is underway to see if omega-3 fats, commonly known as fish oils, can help.

We offer a four-week inpatient treatment program followed by 12 weeks of outpatient therapy at no cost to those who qualify. For a confidential telephone screening, call 301-496-1993.

Deaf or hard of hearing? Call the Federal Relay service at 1-800-877-8339.

Slow Metabolism?

Need to lose weight but can't?

- Average 35 lbs of weight-loss in 12 weeks
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- Stops your food cravings
- Boosts your metabolism
- Increases your energy
- Keeps you from feeling deprived

What have you got to lose? Only weight.
Call us for a free consultation. 888-577-7587
or visit us at www.spdiet.com

Look at our results:

Carol lost 56 pounds **Jo Ann lost 58 pounds**

AMC — Experience the Difference

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AMC Select - Special films for select tastes.

AMC HOFFMANN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 2:30, 5:15, 7:45, 10:20
TURISTAS GO HOME (R) ✓ 1:50, 4:40, 7:25, 9:55
DECK THE HALLS (PG) 2:10, 3:10, 5:45, 7:45, 10:10
DEJA VU (PG13) 1:00, 1:45, 4:05, 4:45, 7:10, 8:00, 10:00
THE FOUNTAIN (PG13) 1:25, 4:25, 6:55, 9:45
TENACIOUS D IN THE PICK OF DESTINY (R) 9:35 PM
CASINO ROYALE (PG13) 2:00, 4:15, 5:15, 7:30, 8:30, 10:40
HAPPY FEET (PG) 1:15, 2:15, 3:55, 5:00, 6:45, 7:45, 9:30, 10:30
HAPPY FEET (PG) [D] [CC] 1:15, 3:55, 6:45, 9:30
STRANGER THAN FICTION (PG13) 1:40, 4:55, 7:55, 10:40
BORAT (R) 2:35, 5:10, 7:35, 8:35, 10:10, 10:45
FLUSHED AWAY (PG) 1:25, 4:05, 6:30, 8:45
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 1:35, 4:20, 7:00
SAW III (R) 2:20, 5:20, 8:05, 10:45
THE PRESTIGE (PG13) 1:00, 4:10, 7:05, 10:25
THE DEPARTED (R) 1:30, 4:55, 8:25

AMC SELECT
THE NATIVITY STORY (PG) ✓ 2:15, 5:00, 7:30, 10:15
BOBBY (R) 1:10, 4:10, 7:20, 10:05
FOR YOUR CONSIDERATION (PG13) 1:20, 3:35, 5:55, 8:10, 10:25
THE QUEEN (PG13) 1:05, 3:45, 6:35, 9:15

AMC SPRINGFIELD MALL 10
Loisdale and Franconia Road
703-971-3991

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 5:00, 8:30
TURISTAS GO HOME (R) ✓ 5:10, 8:15
DECK THE HALLS (PG) 4:40, 7:45
DEJA VU (PG13) 1:40, 4:30, 8:15
TENACIOUS D IN THE PICK OF DESTINY (R) 8:00
CASINO ROYALE (PG13) 1:30, 4:50, 8:00
HAPPY FEET (PG) 2:00, 5:00, 8:45
BORAT (R) 5:20, 8:45
FLUSHED AWAY (PG) 4:50
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 4:30, 7:30

AMC SELECT
THE NATIVITY STORY (PG) ✓ 1:50, 4:40, 8:30

AMC MAZZA GALLERIE
Jenifer and Wisconsin
202-537-9553

DECK THE HALLS (PG) 3:00, 5:15, 7:30
DEJA VU (PG13) 2:10, 5:00, 7:50
TENACIOUS D IN THE PICK OF DESTINY (R) 5:05
CASINO ROYALE (PG13) 1:30, 4:30, 7:30
HAPPY FEET (PG) 3:00, 5:30, 8:00
BORAT (R) 3:10, 5:20, 7:25, 9:30
BORAT (R) [D] [CC] 3:10, 5:20, 7:25, 9:30
FLUSHED AWAY (PG) 2:20, 4:30
THE DEPARTED (R) 6:40

AMC SELECT
BABEL (R) 2:00, 7:20

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 2:15, 4:30, 7:00, 9:20
TURISTAS GO HOME (R) ✓ 2:50, 5:15, 7:40, 10:30
DEJA VU (PG13) 1:15, 4:15, 7:15, 10:25
DEJA VU (PG13) [CC] 1:15, 4:15, 7:15, 10:25
THE FOUNTAIN (PG13) 1:05, 3:15, 5:40, 8:15, 10:45
TENACIOUS D IN THE PICK OF DESTINY (R) 2:45, 10:45
CASINO ROYALE (PG13) 1:00, 3:10, 4:10, 6:30, 10:00
HAPPY FEET (PG) 5:25, 8:05
STRANGER THAN FICTION (PG13) 2:30, 5:05, 7:50, 10:35
BORAT (R) 1:20, 3:30, 5:45, 8:00, 10:15

AMC SELECT
THE NATIVITY STORY (PG) ✓ 2:00, 4:20, 6:50, 9:15
BOBBY (R) 1:55, 4:50, 7:45, 10:40
FOR YOUR CONSIDERATION (PG13) 2:20, 5:10, 7:25, 9:40
BABEL (R) 1:10, 4:05, 7:05, 10:20
THE QUEEN (PG13) 2:35, 5:00, 7:35, 10:05

LOEWS LEXINGTON PARK 6
21882 FDR Boulevard
301-862-5000

DECK THE HALLS (PG) 5:20, 7:30
DEJA VU (PG13) 5:30, 8:15
CASINO ROYALE (PG13) 5:00, 8:00
HAPPY FEET (PG) 5:50, 8:30
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 5:10, 7:20

AMC SELECT
THE NATIVITY STORY (PG) 5:40, 7:50

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 2:30, 4:45, 7:10, 9:30
TURISTAS GO HOME (R) ✓ 2:20, 4:40, 7:05, 9:25
DECK THE HALLS (PG) 2:40, 5:10, 7:40, 9:55
DEJA VU (PG13) 1:30, 2:25, 4:20, 5:15, 7:20, 8:10, 10:10
DEJA VU (PG13) [CC] 2:25, 5:15, 8:10
THE FOUNTAIN (PG13) 3:00, 5:20, 7:45, 10:10
TENACIOUS D IN THE PICK OF DESTINY (R) 1:05, 3:25, 5:40, 8:00, 10:15
CASINO ROYALE (PG13) 2:30, 3:15, 6:00, 6:45, 9:10, 9:55
HAPPY FEET (PG) 1:10, 1:45, 3:45, 4:30, 6:30, 7:15, 9:15, 10:00
STRANGER THAN FICTION (PG13) 2:00, 4:50, 7:30, 10:05
BORAT (R) 1:20, 3:30, 5:45, 7:55, 10:05
FLUSHED AWAY (PG) 2:05, 4:25, 6:50
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 2:35, 5:00, 7:25, 9:45

AMC SELECT
THE NATIVITY STORY (PG) ✓ 1:35, 4:10, 7:00, 9:35
BOBBY (R) 1:50, 4:35, 7:35, 10:15
FOR YOUR CONSIDERATION (PG13) 1:00, 3:10, 5:35, 7:50, 10:00
BABEL (R) 9:00 PM

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
410-423-0520

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 1:35, 4:05, 6:25, 8:45
TURISTAS GO HOME (R) 2:00, 4:40, 7:20, 9:40
DECK THE HALLS (PG) 1:55, 4:20, 6:45, 9:15
DEJA VU (PG13) 1:50, 3:40, 5:00, 6:35, 7:55, 9:30
DEJA VU (PG13) [CC] 3:40, 6:35, 9:30
THE FOUNTAIN (PG13) 2:30, 4:50, 7:15, 9:35
TENACIOUS D IN THE PICK OF DESTINY (R) 10:00 PM
CASINO ROYALE (PG13) 3:00, 6:10, 9:20
HAPPY FEET (PG) 1:45, 4:25, 7:05, 9:45
STRANGER THAN FICTION (PG13) 1:30, 4:10, 7:10, 9:50
BORAT (R) 1:40, 3:55, 6:15, 8:35
FLUSHED AWAY (PG) 3:25, 5:40, 7:50
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 2:10, 4:30, 7:00

AMC SELECT
THE NATIVITY STORY (PG) 2:05, 4:35, 7:25, 9:55
BOBBY (R) 3:30, 6:20, 9:10
BABEL (R) 9:25 PM

LOEWS FAIRFAX SQUARE 8
8065 Leesburg Pike
703-506-9857 802

THE FOUNTAIN (PG13) 4:50, 7:30
TENACIOUS D IN THE PICK OF DESTINY (R) 4:30, 6:50
FLAGS OF OUR FATHERS (R) 4:20, 7:10
THE PRESTIGE (PG13) 4:00, 7:00
QUIEN MATO A LA LLAMITA BLANCA? (NR–NOT RATED) 5:15, 7:45

AMC SELECT
FOR YOUR CONSIDERATION (PG13) 4:40, 7:40
MARIE ANTOINETTE (PG13) 4:10, 7:20
THE QUEEN (PG13) 5:00, 7:50

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) 12:25, 2:45, 5:25, 7:45, 10:10
TURISTAS GO HOME (R) 12:40, 3:00, 5:20, 8:00, 10:20
DECK THE HALLS (PG) 12:20, 2:50, 5:15, 7:50, 10:25
DEJA VU (PG13) 12:30, 1:30, 3:30, 4:15, 6:30, 7:15, 9:30, 10:15
THE FOUNTAIN (PG13) 2:20, 5:00, 7:20, 9:50
CASINO ROYALE (PG13) 3:20, 6:20, 9:25
HAPPY FEET (PG) 12:45, 3:15, 6:15, 9:00
FLUSHED AWAY (PG) 12:15, 2:25, 4:35, 7:05, 9:40
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 12:10, 2:30, 4:50, 7:10, 9:45

AMC SELECT
THE NATIVITY STORY (PG) 12:35, 3:05, 5:35, 8:05, 10:25
BOBBY (R) 1:00, 3:45

LOEWS DUPONT 5
1350 19th St.
1-800-FANDANGO #711

AMC SELECT
FAST FOOD NATION (R) 4:50, 7:30
BABEL (R) 4:00, 7:00
COPYING BEETHOVEN (PG13) 4:40, 7:10
FUR: AN IMAGINARY PORTRAIT OF DIANE ARBUS (R) 4:30
THE ILLUSIONIST (PG13) 7:20
LITTLE MISS SUNSHINE (R) 5:10, 7:40

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

AMC SELECT
BOBBY (R) 2:00

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 1:20, 3:40, 5:55, 8:15, 10:35
TURISTAS GO HOME (R) ✓ 12:50, 3:05, 5:25, 7:50, 10:05
DECK THE HALLS (PG) 12:40, 2:55, 5:10, 7:35, 9:55
DEJA VU (PG13) 1:25, 4:10, 5:50, 7:15, 8:40, 10:10
CASINO ROYALE (PG13) 1:10, 2:35, 4:20, 5:40, 7:30, 8:55, 10:40
HAPPY FEET (PG) 12:50, 2:00, 3:20, 4:35, 7:05, 9:40
STRANGER THAN FICTION (PG13) 1:45, 4:50, 7:40, 10:15
BORAT (R) 12:55, 3:10, 5:15, 7:25, 9:30, 10:30
BORAT (R) [D] [CC] 10:30 PM
FLUSHED AWAY (PG) 1:05, 3:15, 5:20, 7:25, 9:35
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 1:15, 3:30, 5:45, 8:10
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) [D] [CC] 1:15, 3:30, 5:45, 8:10
THE DEPARTED (R) 12:45, 4:00, 7:10, 10:20

AMC SELECT
THE NATIVITY STORY (PG) ✓ 12:40, 3:00, 5:30, 7:55, 10:20
BOBBY (R) 1:30, 4:15, 7:00, 9:50
BABEL (R) 1:00, 4:05, 7:20, 10:25

AMC RIVERTOWNE 12
Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 5:20, 7:40
TURISTAS GO HOME (R) ✓ 5:30, 7:45
DECK THE HALLS (PG) 4:50, 7:10
DEJA VU (PG13) 4:30, 5:00, 7:30, 8:00
CASINO ROYALE (PG13) 4:35, 7:35
HAPPY FEET (PG) 4:45, 7:15
FLUSHED AWAY (PG) 4:40, 7:00
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 4:30, 7:05
SAW III (R) 5:00, 7:20

AMC SELECT
THE NATIVITY STORY (PG) ✓ 5:10, 7:25
BOBBY (R) 5:15, 8:00

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 4:50, 7:20, 9:40
TURISTAS GO HOME (R) ✓ 5:10, 7:30, 9:55
DEJA VU (PG13) 4:00, 7:00, 9:55
THE FOUNTAIN (PG13) 5:00, 7:25, 9:50
STRANGER THAN FICTION (PG13) 4:30, 7:10, 9:45

AMC SELECT
THE NATIVITY STORY (PG) ✓ 4:45, 7:15, 9:30
BOBBY (R) 4:15, 7:05, 9:50
FOR YOUR CONSIDERATION (PG13) 5:30, 7:35, 9:35

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

THE FOUNTAIN (PG13) 1:30, 4:10, 7:10, 9:30

AMC SELECT
THE LAST KING OF SCOTLAND (R) 1:40, 4:20, 7:00, 9:40
BABEL (R) 2:00, 5:00, 8:00
COPYING BEETHOVEN (PG13) 2:10, 4:40, 7:40, 9:50
SHUT UP & SING (R) 1:50, 4:30, 7:30, 9:50
THE QUEEN (PG13) 1:20, 3:50, 7:00, 9:10
LITTLE MISS SUNSHINE (R) 2:20, 4:50, 7:20, 9:20

AMC COUNTRY CLUB MALL 6
Country Club Mall on Vocke Rd near Route 68.
301-729-6633

NATIONAL LAMPOON'S VAN WILDER: THE RISE OF TAJ (R) ✓ 5:40, 8:15
TURISTAS GO HOME (R) ✓ 5:10, 7:45
DECK THE HALLS (PG) 5:20, 7:45
DECK THE HALLS (PG) [D] [CC] 5:20, 7:45
CASINO ROYALE (PG13) 5:00, 8:00
FLUSHED AWAY (PG) 5:50, 8:00
THE SANTA CLAUSE 3: THE ESCAPE CLAUSE (G) 5:30, 8:15

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

DEJA VU (PG13) 2:00, 4:25, 7:15
CASINO ROYALE (PG13) 3:10, 6:30
HAPPY FEET (PG) 2:00, 5:00, 7:15
BORAT (R) 2:10, 4:40, 7:15

AMC SELECT
BABEL (R) 3:00, 7:00

Times for Tuesday, December 5, 2006

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning · [D] - Descriptive Video Service

OSTEOARTHRITIS

Researchers at the NIH are investigating the effects of chronic pain due to osteoarthritis and the effects of opioid and placebo medications on stress and sex hormones in men.

Participants will come to the NIH Clinical Center for two overnight and two same day visits.

CALL TODAY FOR A PRELIMINARY SCREENING
1-800-411-1222
TTY: 1-866-411-1010
se habla español http://clinicaltrials.gov

Department of Health and Human Services
National Institutes of Health
National Center for Complementary and Alternative Medicine
NIH Clinical Center

To participate you must:

- be a man who is 30 to 65 years of age.
- have pain 5 to 7 days a week in a major joint or in the spine for at least 3 months.
- not be allergic to morphine.

- Study is conducted in Bethesda, Maryland.
- All study related tests and medications are provided at no cost.
- Participants are compensated.
- Parking is provided at no cost.

AVIAN INFLUENZA STUDY

TO PARTICIPATE, VOLUNTEERS MUST:

- Be healthy and 18 to 59 years old
- Be HIV negative and not have Hepatitis B or C
- Meet criteria to donate blood

Doctors at the National Institutes of Health are conducting a research study (**#06-I-0235**) to test the avian influenza vaccine and to develop an antibody-based treatment for avian flu.

AS PART OF THE STUDY

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Television

NO-TALENT SHOW: Further demonstrating that his 15 minutes of fame will never end, Kevin Federline is in talks with MTV to make a documentary about his divorce from Britney Spears. K-Fed's children will one day appreciate their father's thoughtful endeavor.

Terrible Realities

Unoriginal shows on Oxygen and Style waste time, brain cells

BAD TO WORSE | Shows must be very good to have the word "bad" in the title. Otherwise, critics just have it too easy. Unfortunately, "The Bad Girls Club" (10 p.m., Oxygen) is not good, interesting or original at all.

Created by the production team of Bunim-Murray, the folks behind "The Real World," "Bad" takes place in a posh house filled with seven women ages 22 to 32 who all share "issues" that have prevented them from finding love, friendship and career success. They are, for the most part, self-absorbed, exhibitionist monsters. Only the most die-hard fan of the "Surreal Life" genre would want to submit to this grind for 22 episodes.

OXYGEN

UGLY BEAUTY: "The Bad Girls Club" is the latest reality TV craptacular.

"Married Away" (9 p.m., Style) offers another example of cable at its least original. Two very different couples plan extravagant weddings in posh locales. Along the way, family issues, cost overruns and emotional meltdowns ensue. To say this "Bridezilla" approach has been beaten to death is an understatement.

Given that Oxygen and Style reside at the more remote end of the cable spectrum, you'd think they would recognize the need for something fresh. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

BOB LOOKS BACK
COSTAS NOW (10 p.m., HBO) celebrates the selection of the Sports Illustrated Sportsman of the Year. Bob Costas and guests also look back at the sports figures who have died during 2006.

FOOTBALL FEVER
Lyla and Tim feel the heat on **FRIDAY NIGHT LIGHTS** (8 p.m., NBC).

BOO-BOO-BOO BA-BOO
Fred Astaire narrates the 1970 animated holiday special **SANTA CLAUS IS COMIN' TO TOWN** (8 p.m., ABC).

IT'S ALWAYS THE SAME
Communications break down on **STANDOFF** (8 p.m., Fox).

HIPPIE HEALER
Dan's crunchy dad exhibits healing hands on **BIG DAY** (9 p.m., ABC).

WASHINGTON POST FILE PHOTO

DER BINGLE: Bing Crosby's animated likeness comes back to town with Santa.

ONE WORD: UNDIES
Models make it brief on **THE VICTORIA'S SECRET FASHION SHOW** (10 p.m., CBS).

BEANTOWN MOMMA
Alan defends a mother's rights on **BOSTON LEGAL** (10 p.m., ABC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

12.5.06		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		Nightly News	Access Hollywood	Friday Night Lights "Full Hearts" (N)		Law & Order: Criminal Intent		Law & Order: Special Victims Unit		News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	Standoff "Accidental Negotiator" (N)		House "Three Stories"		News		News	Geraldo at Large
	WJLA 7	News	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Santa Claus Is Comin' to Town		Big Day (N)	Help Me Help You	Boston Legal "The Nutcrackers" (N)		News	(:35) Nightline
	WUSA 9	News	Evening News	9News Tonight	Entertainment	NCIS "Shalom"		The Unit "Change of Station"		The Victoria's Secret Fashion Show		News	Late Show
	WDCA 20	Scrubs	Scrubs	Judge Joe Brown	Judge Judy (N)	Desire "At the Water's Edge"		Fashion House "A New Foundation"		The Tyra Banks Show (N)		Still Standing	Still Standing
	WMPT 22	The NewsHour With Jim Lehrer (N)		Business Rpt.	Outdoors	Nova "Origins: Earth Is Born" (DVS)			Blue Man Group: Inside the Tube			JFK: Breaking the News	
	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Patrizio: The New Voice of Romance			Automatic Millionaire With David Bach			My Music: Country Pop Legends	
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	The Piano Guy Holiday Special				BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	My Wife and Kids	Friends	Friends	Gilmore Girls "Merry Fisticuffs" (N)		Veronica Mars "Welcome Wagon"		Will & Grace	Will & Grace	Sex and the City	Sex and the City
BASIC CABLE	A&E	Crossing Jordan		CSI: Miami "Innocent"		CSI: Miami "Lost Son"		Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	CSI: Miami "The Score"	
	Animal	The Crocodile Hunter		The Most Extreme "Gardeners"		The Most Extreme "Predators"		Close-Danger	Close-Danger	Animal Precinct Rescuing two dogs.		The Most Extreme "Predators"	
	BET	106 & Park: BET's Top 10 Live (N)			Beef: The Series	★★ "Lockdown" (2000) Richard T. Jones, Gabriel Casseus. Premiere.				American Gangster (N)		Jamie Foxx	Jamie Foxx
	Bravo	The 100 Funniest Movies		Top Chef Thanksgiving dinner.		★★★★ "The Cider House Rules" (1999, Drama) Tobey Maguire, Charlize Theron.					(:45) ★★★★ "The Cider House Rules" (1999)		
	Comedy	(5:00) ★ "2001: A Space Travesty"		Scrubs	Scrubs	Daily Show	Colbert Report	Mind of Mencia	South Park	Chappelle's Show	Chappelle's Show	Daily Show	Colbert Report
	Court	Forensic Files	Forensic Files	Cops "Arizona"	Cops "Arizona"	Cops	Cops	Cops	Cops	The Chief (N)		Masterminds (N)	Masterminds
	Discovery	It Takes a Thief "Girls Day Out"		How It's Made	How It's Made	Dirty Jobs Turkey and potatoes.		Dirty Jobs Penguins. (N)		Everest: Beyond the Limit (N)		Man vs. Wild "Mount Kilauea"	
	DISCH	Code Blue "Sweet Charity"		Impact: Stories of Survival		Little People, Big World		Critical Hour "The Winter Rush"		Diagnosis: Unknown "Silent Death"		Little People, Big World	
	Disney	Phil of the Future	Zack & Cody	Phil of the Future	That's So Raven	★★ "The Thirteenth Year" (1999) Chez Starbuck, Justin Jon Ross.				Life With Derek	Phil of the Future	Zack & Cody	That's So Raven
	E!	Dr. 90210		E! News (N)	The Daily 10 (N)	★★★ "The Wedding Singer" (1998) Adam Sandler, Drew Barrymore.				Love Ride	Love Ride	E! News	The Daily 10
	FX	That '70s Show	That '70s Show	★★★ "Any Given Sunday" (1999) Al Pacino, Cameron Diaz. A football coach copes with crises on and off the field.						Nip/Tuck "Willy Ward" (N)		(:05) Nip/Tuck "Willy Ward"	
	HGTV	A Very Merry Curb Appeal		What You Get	House Hunters	Designed to Sell	Save My Bath (N)	Decorating Cents	24 Hour Design	House Hunters	Buy Me	Parents House	FreeStyle (N)
	Family	Everwood "For Every Action"		'Twas Night	C'mas Snow	"Once Upon a Christmas" (2000) John Dye, Kathy Ireland. Premiere.				Whose Line?	Whose Line?	The 700 Club	
	History	Where Did It Come From?		Modern Marvels: Copper Copper.		Little Ice Age: Big Chill Sudden cold snaps.				Man, Moment, Machine (N)		Modern Marvels: Da Vinci Tech	
	Lifetime	Reba	Reba	Still Standing	Still Standing	Reba	Reba	★★ "Call Me Claus" (2001) Whoopi Goldberg, Victor Garber. Premiere.				Will & Grace	Will & Grace
	MTV	Beauty and the Geek		Sucker Free		Diary of Jay-Z	The Real World	The Real World	Next	True Life "I'm Jealous"		Beauty and the Geek	
	NICK	Ned's School	Avatar-Last Air	Fairly OddParents	Jimmy Neutron	SpongeBob	Drake & Josh	Full House	Full House	Roseanne	Roseanne	Fresh Prince	Fresh Prince
	SCIFI	Stargate SG-1 "Jolinar's Memories"		★★ "The Hulk" (2003) Eric Bana, Jennifer Connelly. Scientist Bruce Banner transforms into a powerful brute.						ECW Who is the ECW Champion?		★★ "Army of Darkness" (1992)	
	SPIKE	CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		CSI: Crime Scene Investigation		★★ "The Texas Chainsaw Massacre" (2003, Horror) Jessica Biel, Jonathan Tucker.					Real TV
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	My Boys (N)	My Boys (N)	Friends	Friends
	TLC	While You Were Out		Overhaulin' "Overhaulin' Bumrush"		SEMA: Greatest Car Show		Overhaulin' 1972 Dodge Challenger.		Miami Ink "A Disgruntled Yoji" (N)		Miami Ink "The Ink That Binds"	
	TNT	Law & Order "Double Down"		Without a Trace "Silent Partner"		Without a Trace "Confidence"		Without a Trace "Two Families"		The Closer "Blue Blood"		The Closer "Serving the King"	
	USA	Law & Order: Special Victims Unit		Monk "Mr. Monk Meets the Playboy"		Law & Order: Special Victims Unit		★★ "Patch Adams" (1999) Robin Williams, Daniel London. Premiere.				Law & Order: Criminal Intent	
	VHI	The 40 Hottest Rock Star Girlfriends... and Wives Beautiful partners.				Big in '06 Awards Host D.L. Hughley.				The Flavor of Love Flav makes a decision.			Flavor of Love
SPAN.	TELEM	Sala de Parejas	Noti-Telemndo	Viuda de Blanco (N)		Marina (N)		Amor Mio (N)	Amores (N)	Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Heridas de Amor (N)		La Fea Más Bella (N)		Mundo de Fieras (N)		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live)		College Basketball Jimmy V Classic -- Oklahoma State vs. Syracuse.				College Basketball Jimmy V Classic -- Arizona vs. Louisville. From New York. (Live)					SportsCenter
	ESPN2	2006 World Series of Poker		Honor Roll (N)		Honor Roll (N)		NBA Coast-to-Coast (Live)				Quite Frankly With Stephen A. Smith	
	CSN	Totally Football	SportsNite	Monday Nite Live		College Basketball Towson at William & Mary. (Live)				SportsNite (Live)		ACC All-Access	Final Score
NEWS	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	Tucker		Hardball		Countdown With Keith Olbermann		Scarborough Country		Crime & Punishment		MSNBC Special "Beyond Conviction"	
MOVIES	AMC	★★★ "Romancing the Stone" (1984, Adventure) Michael Douglas. 'PG'				★★★★ "Miracle on 34th Street" (1947, Fantasy) Maureen O'Hara. 'NR'				★★★★ "Miracle on 34th Street" (1947, Fantasy) Maureen O'Hara. 'NR'			
	TCM	(5:00) Moonfleet	★★ "Beyond a Reasonable Doubt" (1956) 'NR'			★★★ "Anatomy of a Murder" (1959) James Stewart. A country lawyer defends an Army officer accused of murder.						★★★ "In Harm's Way" (1965)	
	HBO	(5:30) ★★★ "City of Angels" (1998) Nicolas Cage.			★★ "Rebound" (2005) Martin Lawrence. 'PG'			Bono and the Edge: Off the Record		Costas NOW (N)		The Wire "That's Got His Own"	
	MAX	(5:15) ★★★ "Singles" (1992) 'PG-13'		★★★★ "Saving Private Ryan" (1998) Tom Hanks. U.S. troops look for a missing comrade during World War II. 'R'						★★ "Fantastic Four" (2005) Ioan Gruffudd. 'PG-13'			Bedtime Stories
	SHOW	(5:45) ★★ "The Curve" (1998) 'R'		(:15) ★★★ "Winter Solstice" (2004) Anthony LaPaglia.			Sleeper Cell	Dexter (iTV) Horrific crime scene.		Masters of Horror Supernatural pelts.		White Boyz	State Property 2
	TMC	(4:45) Quicksilver	(:35) ★★★ "The Assassination of Richard Nixon" (2004)			(:15) ★★ "The Baxter" (2005) Michael Showalter. 'PG-13'			(:45) ★ "Fascination" (2004) Jacqueline Bisset. Premiere. 'R'				Hills-Eyes II
	STARZ!	"Adventures of Sharkboy"		(:15) ★★ "Flightplan" (2005, Suspense) Jodie Foster. 'PG-13'				★★★ "Eight Below" (2006, Adventure) Paul Walker. 'PG'				(:10) ★ "Armageddon" (1998) 'PG-13'	
	ENCORE	(:05) ★ "Houseguest" (1995, Comedy) Sinbad, Phil Hartman. 'PG'				★★ "The Hitchhiker's Guide to the Galaxy" (2005) Martin Freeman. 'PG'				★★★ "My Cousin Vinny" (1992, Comedy) Joe Pesci. 'R'			

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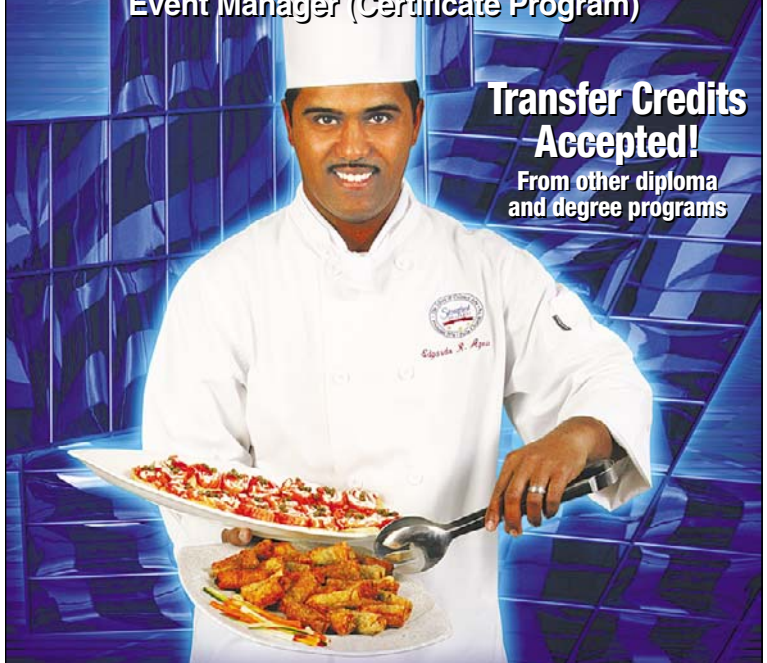

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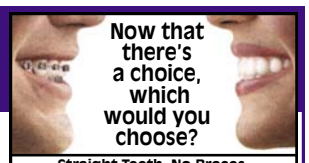

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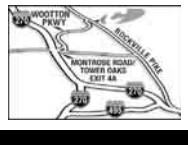

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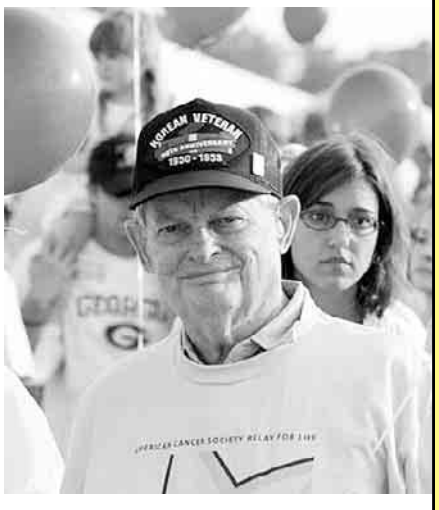


CFC # 8003

Hope. Progress. Answers.® / 1•800•ACS•2345 / www.cancer.org

American Cancer Society®

IT'S HARD TO TIGHTEN YOUR BELT WHEN YOU'RE WEARING DIAPERS.

Every 51 seconds, a baby in America is born without health insurance. Now that's something to scream about. Call 1-800-CDF-1200 to find out how you can help.

Children's Defense Fund®

www.childrensdefense.org

CFC#2775

Capital Hospice

your community's most caring experts

We traveled

- *Hospice and palliative care wherever our patients call home -- assisted living, nursing facilities, and patients' own homes.*

a million miles

- *Family and caregiver support, including After Hours Call Center staffed by RNs.*

for patients and families

- *Inpatient and respite care at Halquist Memorial Inpatient Center.*

last year.

- *We turn no one away for lack of insurance and resources to pay for our care.*

For information & referrals, please call

1-800-869-2136

Serving Northern Virginia, Washington, DC and Prince George's County, Maryland since 1977

Visit www.capitalhospice.org any time

Designate # 8434

THREE MILLION WOMEN IN THE UNITED STATES HAVE BREAST CANCER TODAY. ONE MILLION OF THEM DON'T KNOW IT YET. HELP US END THIS DISEASE FOR EVERYONE.

BREAST CANCER

Say it!
Fight it!
Cure it!
Stop it!

NATIONAL BREAST CANCER COALITION FUND

WWW.STOPBREASTCANCER.ORG

202.296.7477 / 800.622.2838

CFC #9522

Please choose NICWA #2733 on your CFC form.

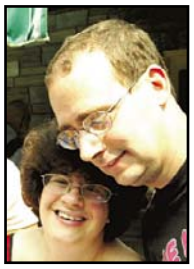
NICWA

National Indian Child Welfare Association

Protecting our children • Preserving our culture

For $5 per pay period, 12 tribes will get child abuse prevention kits.
For $10 per pay period, 25 tribal workers receive two hours of instruction.
For $25 per pay period, 560 tribal leaders receive a legislative alert.

For more information, contact NICWA at: (503) 222-4044 or visit us at www.nicwa.org



What we do depends on you!

When you designate **#8469—The Jewish Federation of Greater Washington** in your CFC or workplace campaign, you make possible services and programs that address critical needs.

Together, we can help Jews of all ages and all walks of life...anywhere in the world.

- 17,000 meals to seniors in need locally and another 33,000 to the elderly in Moscow.
- Innovative educational opportunities for our children.
- Vocational training for new immigrants to Israel.
- Jewish schools, libraries, and community centers to rekindle Jewish life in the former Soviet Union.
- Meaningful and accessible opportunities to be part of our own Jewish community.

Federation is the hub of Jewish service agencies in our community. Because we partner with agencies worldwide, we are able to respond to the unexpected and maintain services that any of us might need without notice.

Please decide to make a difference.

THE Jewish FEDERATION OF GREATER WASHINGTON

Designate #8469

(301) 230-7239 • www.ShalomDC.org

Building on Your CFC Contribution

Gifts to the VFW Foundation can strengthen our Military Assistance Program through initiatives such as ***Operation Uplink*** (delivers free long-distance phone cards to deployed troops and hospitalized veterans) and ***Unmet Needs*** (covers emergency and unexpected expenses of military families).

The Foundation also:

- Provides annual student scholarships and teacher recognition through the **Voice of Democracy** audio-essay scholarship and **Patriot's Pen** written-essay competitions.
- Promotes patriotic events and activities involving **flag education**, teaching the **Pledge of Allegiance** to school children and awareness of **Memorial Day** and **Veterans Day**.
- Provides significant funding to VFW's **National Veterans Service** (NVS) for the training of service officers from across the country. NVS assists thousands of veterans in obtaining access to medical care and compensation for disabilities suffered while in military service.

VETERANS of FOREIGN WARS FOUNDATION

www.vfwfoundation.org

Combined Federal Campaign No. 2154

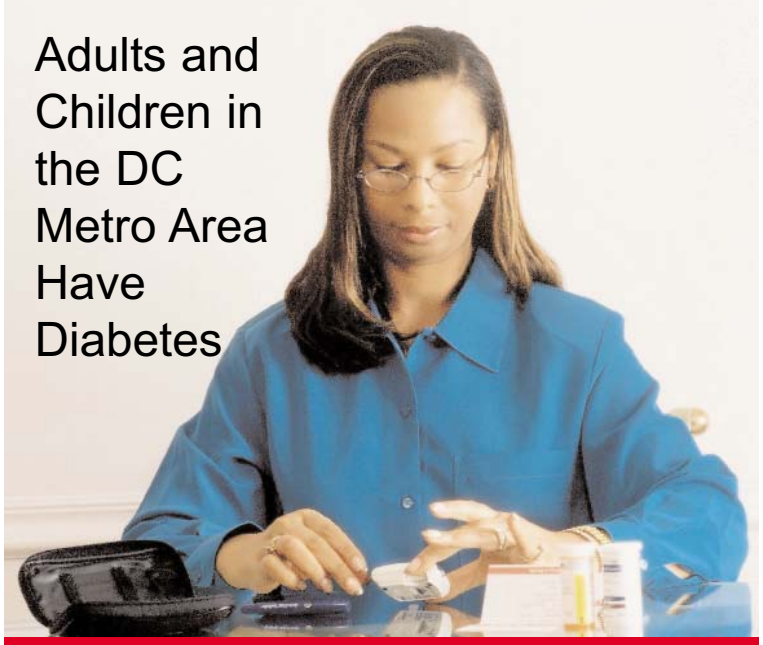
CFC CODE **#0505**

American Diabetes Association®

Cure • Care • Commitment®

ALMOST HALF A MILLION

Adults and Children in the DC Metro Area Have Diabetes



CHOOSE **#0505** TO SUPPORT THE RESEARCH, INFORMATION AND ADVOCACY EFFORTS OF THE

AMERICAN DIABETES ASSOCIATION

diabetes.org 1-800-DIABETES

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United Way/CFC #8219

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- Alzheimer's / Dementia Care
- Respite Care / Rehab Available
- Full Time RN / Professional Staff
- From $1750/MO

Check us out @ www.adonaigardens.com

VOLUNTEERS NEEDED

Compensation paid to healthy female and male volunteers for donations of small amounts of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- **Ages 18 to 45**
- **In good health**
- **Not engaged in high risk behaviors**

Confidential interview and screening provided at our convenient Gaithersburg, MD office.
Donations occur at our Bethesda, MD office by board certified physicians.
Both locations are accessible by MetroRail and Metro Ride-On.

FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:
TOLL FREE: (888) 926-9211
EMAIL: donorinfo@cambrex.com

CAMBREX

AD BONE MARROW 11/05

ALEXANDRIA FAIRFAX NEUROLOGY, PC

ARE RESTLESS LEGS KEEPING YOU UP AT NIGHT?

Do you suffer from the urge to move your legs, along with creeping, crawling, tingling sensations that tend to get worse toward evening? If so you may be interested in an RLS research study for an Investigational medication for the treatment of Restless Legs Syndrome.

You may qualify if:
- You have RLS symptoms at least 2-3 days per week over the last 3 months
- You are 18 to 80 years of age
- Are otherwise in good health

For more information please call
ALEXANDRIA FAIRFAX NEUROLOGY at **(703) 453-8017**

ASTHMA?

If you have needed inhaled corticosteroids for asthma in the past 3 months you may qualify for a 26 week research study of an investigational inhaled medication for mild asthma. Compensation up to $1,350.00 offered to qualified participants.

PLEASE CALL: **Courtney at (301) 962-1610**
FREE PARKING AND METRO ACCESSIBLE

THE INSTITUTE FOR ASTHMA AND ALLERGY, PC. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Are you tired of waking up BEFORE your alarm?

INSOMNIA

If you are at least 18 years old and have trouble STAYING ASLEEP you may qualify to participate in a research study of an investigational medication.

Compensation may be provided for time and travel.

Call
301-654-5665
research@sleepdoc.com

The Center for Sleep & Wake Disorders
Chevy Chase, Maryland
Friendship Heights Metro

Asthma?

If you....
- Wake up with asthma symptoms at least once a week
- Use a rescue inhaler at least twice a week, and...
- Have needed prednisone for asthma in the past year

You may qualify for a year long investigational research study of a medication for moderate-severe asthma. Compensation offered to qualified participants.

PLEASE CALL: **Shelby at 301 962 1609**
FREE PARKING AND METRO ACCESSIBLE

THE INSTITUTE FOR ASTHMA AND ALLERGY, PC. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Sleepless in DC, MD or VA?

If you are 18 or older, and have had TROUBLE STAYING ASLEEP for one month or more, you may be eligible for an insomnia research study at no cost to you.

CALL:
CAPITAL CLINICAL RESEARCH ASSOCIATES
301-770-7375

3:00 AM

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6 days prior to publication

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Call Our Office For An Appt and 24 Hour Emergencies

Moodswings?

Has your life been a roller coaster of highs and lows?

If so, you may be suffering from
Bipolar disorder
and may be eligible for a clinical research study at no cost to you.

If you've been diagnosed with bipolar disorder and feeling too jazzed up or super-irritable is interfering with your life, give us a call to see if our program might be right for you.

Call: CAPITAL CLINICAL RESEARCH ASSOCIATES
301-770-7375
or visit our website at: **www.ccraresearch.com**

Asthma?

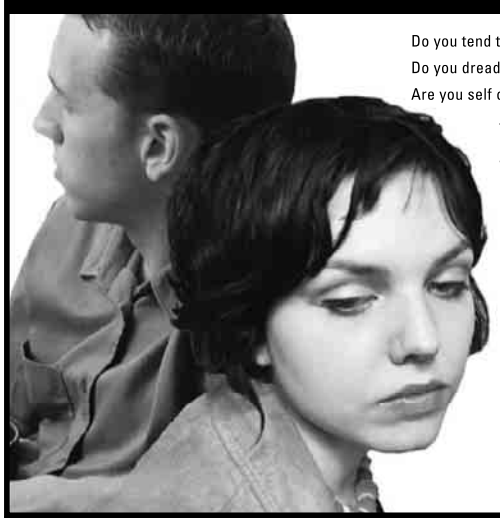
If you....
- Wake up with asthma symptoms at least once a week
- Use a rescue inhaler at least twice a week, and...
- Have needed prednisone for asthma in the past year

You may qualify for a year long investigational research study of a medication for moderate-severe asthma. Compensation offered to qualified participants.

PLEASE CALL: **Shelby at 301 962 1609**
FREE PARKING AND METRO ACCESSIBLE

THE INSTITUTE FOR ASTHMA AND ALLERGY, PC. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Nervous around People?



Do you tend to avoid meeting new people?
Do you dread speaking in public?
Are you self conscious in front of others?

You may be suffering from
SOCIAL ANXIETY

If you are between 18 and 64, you may be eligible for a clinical research trial of an investigational medication for Social Anxiety Disorder.

For more information, please call...
301-770-7375

Capital Clinical Research Associates
Healing Through Knowledge

VOLUNTEERS NEEDED!!

Investigational Malaria Drug Study Minutes from the Medical Center Metro Station in Bethesda

Located: On the campus of the National Naval Medical Center.

WHO: Healthy men and women 18-55 years of age

HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

Compensation provided

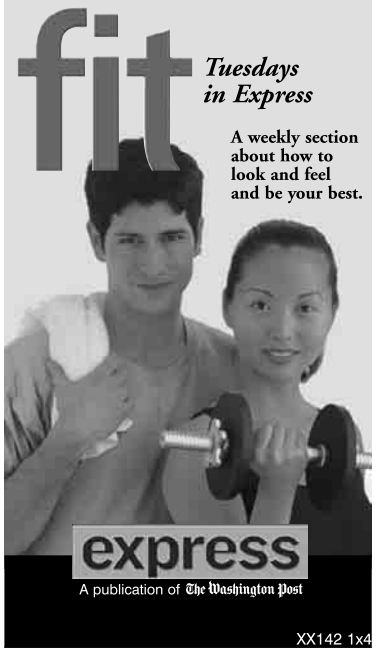
FOR MORE INFORMATION CALL:

1-866-750-2165

Get fit

Tuesdays in Express

A weekly section about how to look and feel and be your best.



express
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Is the world getting you down?

Is life no fun anymore?
Is your energy level low?
Is your sleeping or eating out of whack?

If so, you may be eligible for a clinical research study on depression at no cost to you.

Call CCRA at 301.770.7375

Capital Clinical Research Associates

STOP SMOKING

Roberta Haber, PhD CHt
Achieve Your Goals with Hypnosis
Board Certified Clinical Hypnotherapist
Washington DC **(202) 297-4430**

Get fit

Tuesdays in Express

A weekly section about how to look and feel and be your best.

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JOBS

Accounting/Bookkeeping

1st Choice Staffing Agency is currently looking for a FT full charge bookkeeper for our Silver Spring office. The following candidate will be responsible for the following:
- Accounts Payables/Receivables
- Federal Contract billing
- Payroll
- Billing
- Bank reconciliation
- Month-end closing

The potential candidate must also meet the following qualifications and criteria:

- Must have 2-4 years of experience
- Expert with QuickBooks 2005
- Candidate must possess strong interpersonal skills
- Excellent written and oral communication skills
- Must be able to multi-task
- Must be detail oriented and able to meet deadlines

B.S degree in Accounting is preferred but not required

Please send your cover letter, resume and salary requirements to Marla Oliver at

moliver@1stchoicestaffingagency.com

Accounting

Financial Reporting Supervisor

Outstanding opportunity with Parking Management, Inc. (PMI) for a detail-oriented Supervisor of Financial Reporting. Successful candidate will be highly motivated, possess strong analytical and communication skills, be a team player and have the ability to work independently. Minimum requirements include 5+ years of accounting experience with 2 + years of current financial reporting. Supervisory expertise required. Ideal candidate will have proficiency in Excel and Lawson and a B.S. degree in Accounting; however experience will be considered in lieu of education. Competitive benefits package and salary commensurate with experience. Resumes must include salary requirements and job code FR2006. Reply in confidence to gtadesse@pmi-parking.com Principals only. EOE.

Activism— CAMPAIGN MANAGER
To run New Hampshire campaign for fast- paced, respected marijuana policy reform lobby. $40-60K. mpp.org/jobs

Administrative

Mail, copy, customer service & clerical support to corp. office. F/T, M-F, 8-5, $11+ benefits. Tysons Corner Area. On the job training. Great career path! Email resumes: **jobsSD@istmanagement.com**

ADMIN ASST—50wpm. Banner Staffing 202-223-3300.

Advocacy

Save The Bay! Learn the basics of political organizing and fundraising while working with the Chesapeake Bay Foundation! Passion for environmental issues and good communication skills are a must. Hours M-F 1:30-10:00 p.m. Earn 395-480/wk + bonus Call Citizens Campaigns at 202-895-0420 X113

Weekend Styles. Every Friday

JOBS

ADMIN ASSISTANT

Bilingual (English/Spanish), clerical assistance person needed to work in fast-paced office. Detail-oriented, extremely accurate & ability to multi-task. Knowledge of Filemaker & MS Office (Word, Excel, Access, etc.). FAX resume to: 301-881-0127.

Association

ASSOCIATE DIRECTOR
Fund Development & Research

DC healthcare assn seeks highly motivated, proactive professional to write winning grant proposals; manage fund development, research, and practice guidance; develop relationships with universities and think tanks; and work with gov't. affairs, PR, and education. Successful candidate will have BS +5 yrs. relevant experience including at least 2 writing successful grants. Exc. benefits; salary commensurate with experience. Send salary requirements and resume to: **employment@apic.org.**
EOE M/F/V/D

Attorney-Associate

Associate Attorney for small, fast paced DC real estate/business litigation firm. Direct client contact/ court responsibilities. Salary based on experience. DC Bar or eligibility required. Send resume to dcattys@yahoo.com or: PO Box 77681, WDC 20013

Auto

PAINTER
Immediate opening for a Auto body Painter in Rockville, MD. 301-881-8200

AUTOMOTIVE

Mercedes-Benz

Auto Sales Mercedes Benz

Northern Virginia's oldest and largest exclusive Mercedes Dealer has a rare opportunity for an experienced top producer in its new car sales department. We are looking for people who have a lot of drive! If you are a true 'Star' selling luxury automobiles, it is worth your while to call for an interview with Mark Zetlin, American Service Center, 703-284-2409
"A Family Tradition Since 1937"

American Service Center

Barbers/Braiders/Stylists
Hiring exp staff w/clients. DC Lic req.
Call 301-343-3952

BARBERS—Wanted in Arlington. 571-276-0357, lv msg

BUSINESS DEVELOPMENT

P/T Bus. Dev. Mgr. needed for small 8(a) firm. 3-5 yrs. exp. w/State & Fed. marketing vehicles. Must identify & write tech. & cost proposals. EMAIL resume w/salary req. to: **debbieja@aol.com**

CLEANER—Immed opening. Earn $300-$400/wk cleaning residential homes in Silver Spring/Beltsville. M-F days. Paid hol., vac. & mileage. Car necessary. 301-421-1855.

WeekendPass makes the weekend pulse.
Every Thursday in Express.
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JOBS

Clerk

FILE CLERK

One of the 10 largest multi-employer pension funds located downtown near Metro needs conscientious, dependable individual to maintain file room & distribute files. Must be able to keep accurate records. Must have keyboard experience & have good spelling. Experience preferred. Starting salary is: $29,738 increased to $32,232 after probationary period. Fully paid employee benefits include medical, dental, vision & pension. If interested send resume to: Wash Post Box M1025 DC 20071-6250

Construction

DRIVER/Installer Assistant

703-550-0035 FT/PT WKND

CONSTRUCTION
ESTIMATOR PROJECT MGR
Commercial GC seeking Estimator/Project Mgr for tenant build out new restaurant bldg & commercial renovations. Strong estimating bkgd & references is req'd. Competitive salary. Please **fax resume to 703-486-3439.**

CONSTRUCTION
SUPERINTENDENT/FOREMEN
Plumbing, mechanical, & piping Superintendents needed in Baltimore, No. VA & DC areas. Mechanical applicants must have mechanical room, cooling tower, & boiler exp. Excel. pay, great benefits, & bonuses offered. Qualified individuals should call Shay at 703-299-3436 or fax resume to 703-299-3435.

Cook: dependable & industrious. Line cook+cold station cook needed full time. German exp a +. Good pay and benefits. Call Alex at 202-333-7600

Customer Service
Value Village project has immed FT positions for Customer Service Reps. Qualified candidates must posses excel telephone manner and people skills. Must enjoy working w/ the public. Friendly, motivated individuals Apply in person at 10811 Tucker St, Beltsville MD, 20705.

DANCERS— Wanted for Gentleman's Club (PG County). $300-$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

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EARN EXTRA MONEY

Deliver Phone Books
NoVA & DC

- Work your own hours
- Have insured vehicle
- Must be at least 18
- No experience necessary

703-370-0168
www.sddsinc.com

DIRECTOR TEACHER

Needed for nonprofit Child Care Center in Herndon, VA. Must have degree in ECE or CDA. Competitive salary, professional develop. opportunity. Great benefits.
Call 703-713-3983/84 or email: sangley@va-childcare.com or fax resume to: 703-793-2298

DRIVING/LIMO - CDL w/P

PT eves & wknds. VA/DC/MD. $18-$20/hr.
Springfield **703-550-7200**

DRIVERS— $14-22/hr. AlaCarte Express, DC's premier multi restaurant delivery service, needs reliable drivers with own vehicles. Call Chris M-F, 2-5pm. 202-232-8646.

Driver

Value Village project has immed FT positions for Drivers. Must be at least 21 w/clean driving record. Knowledge of Washington & Baltimore area. ADC Maps helpful, excellent pay & benefits. Dependable, motivated people interested in fast paced job. Apply in person with MVR at 10811 Tucker St, Beltsville MD, 20705. Mon-Fri 8a-4p

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JOBS

DRIVE - deliver and make $$$. A courier co in MD needs couriers with **Cars, Vans/PU Trucks and Bikers with Mopeds.** Call: Sabrina **301-656-4086.**

DRIVER $ — A great opportunity for **3 professional couriers!** Comm + gas incentives potential $500 to $800 a week. Benefits offered by a 3rd party co. If you own a Van or PU-Truck, call Dei 301-419-2626.

DRIVER — Earn $600-800/week FT, $9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: **301-571-0111.**

DRIVER—Exper'd. Shuttlebus Driver needed. Knowledge of the METRO AREA necessary. CALL Mike, 202-398-6356.

DRIVER
ROUTE MONITOR
for refuse co. Must be able to read map, be bilingual & have knowl. of VA, & valid driver's lic. Great salary & co. benefits. Call 301-773-2069

DRIVERS —A & B tankers w/TX, Hazmat endors., and dump truck w/B. Suitland, MD based. Shift work. Full benefits pkg. 301-773-9009 ext. 16.

DRIVERS

CDL Drivers for children in Metro area. Must be 25+ years old, MVR/ background test & drug test req'd $13/hr. Split shift. Fax resume to: 301-441-8127 or call 301-441-8124. EEO

Education

Preschool teacher wanted

Fax resume to 703-642-5539

WeekendPass rocks. Thursday.

JOBS

Fitness

Personal Trainers(Full Time): A chance to work for VIDA Fitness, DC's most premier fitness center. Must have a nationally recognized certification, CPR/ AED, & min of 2 yrs exp.Contact Rachel: 202.393.VIDA or rachel@vidafitness.com

Hotel

FT/PT, Frnt Desk, ngt Audit. Apply in person: 6633 Arlington Blvd, Falls Church.

HOTEL

Hilton Garden Inn
Arlington/Courthouse Plaza

(Near Courthouse Metro)

- Guest Service Agents
- Room Attendants
- Bartenders
- Houseman
- Cook

Excellent pay and benefits.
Experience preferred. Apply at:
1333 N. Courthouse Rd.
Arlington, VA 22201

Fax: 703-528-4933

No phone calls, please

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Part-time Couriers
$15.45/hr.

- Must have valid driver's license, good driving record and be able to lift 75 lbs.
- Must be at least 21 and have HS diploma/GED
- 10-year work/education/ unemployment history required

EOE, M/F/D/V

Apply In Person:
December 7th, 11th or 14th at 9:00am
1501 Eckington Place NE
Washington, DC

Limited Seating Available. Please plan to spend up to 4-5 hours. Appropriate dress required.

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JOBS

Housecleaning/Senior Care—In Upper Marlboro area. Must have car. Exp & Refs req'd. Sal negotiable. Dog friendly. Mon-Fri, 9:30-3:30. Sat, 9:30-12:30. possible overnight. Call 240-447-6912.

Housekeeper Helper—Org. home, floors, laundry, $9/hr. PT, evenings/weekends in Falls Church, Merrifield area. 703-573-3855

HUMAN RESOURCES
Compensation, Benefits, & HRIS Analyst
IPM, a global nonprofit organization located in Silver Spring is seeking candidates with a BA degree and 3-5 years related experience. Please visit our website for more information at:
http://www.ipm-microbicides.org/careers/english/index.htm

JANITOR—FT, must be exp'd in floor care & cleaning, own transportation. Willing to work hard for good pay. Must pass criminal background check & drug screening. Call 301-932-8405

Janitorial

JANITORIAL MANAGER & SUPERVISORS NEEDED

Fulltime-Jantiorial Manager and Supervisor needed for busy Mall in Arlington, VA. Must be Bi-lingual, have knowledge of cleaning proce- dures, scrubbers, chemicals, and computers. Available to work all shifts, work weekends and some holidays. Competitive salary offered. EEOC Please fax resumes to 703-415-3537 or stop by the Customer Service Booth at Fashion Centre at Pentagon City Mall for an application.

LEGAL
AA/Lgl Asst. for 2/3 attorneys. Strong MicroSoft skills. FAX resume: 301-589-5267.

LOBBYING DIRECTOR
To manage lobbying campaigns for fast-paced, respected marijuana policy reform org. Political & management exp. req'd. $50-65K. mpp.org/jobs

Maintenance

DIESEL MECHANIC

Local trucking company seeking Diesel Mechanic to perform skilled mechanical work including maintenance and repair of heavy equipment. Must be able to successfully complete the required medical examination and drug and alcohol screening. Good benefits, must hold valid drivers license. Apply in person 4700 Lawrence Street, Hyattsville, Maryland 20781.

Maintenance

Holiday Inn Eisenhower has a job opening for an experienced Building Maintenance Technician. Flexible hours & weekends included. Please fax your resume to 703-329-0953 or apply in person at 2460 Eisenhower Avenue, Alexandria, VA. EOE No phone calls

MANICURIST
Experienced, licensed manicurist needed ASAP. Busy Capitol Hill location. Call Tammy 240-460-7670.

MED BILLER — NWDC. Must have 2+ yrs Dr ofc bill/coll exper. Fax MSA 703-921-3861.

MEDICAL JOBS — Temp & Perm for exper MA's, Recepts & Billers. Must have 2+ yrs Dr ofc exper. Fax MSA 703-921-3861.

Medical - PHYSICAL THERAPIST, OCCUPATIONAL THERAPIST & SPEECH LANG. PATHOLOGIST wanted. PT/FT. Start immediately in MD/VA. Top pay/benefits plus incentives. Call EPSI 202-785-8367

MEDICAL RECEP/ASST/ OPHTHALMIC TECHNICIAN

Opthomolgy office in Silver Spring MD is looking for FT Medical Recp, Medical Asst/Ophthalmic Tech. Great pay & benefits. Please fax resume to: 301-431-0470.

WeekendPass. Delicious. Thursday.

Mental Health

Residential Counselors/ Aides

Weekend staff needed for MR/DC Adult Citizens in private homes. Will assist & Supervise ADL's household duties & outings. $8.50-$10/hr. High school diploma or GED req'd. PT Sat. & Sun. available. Apply in person Mon-Fri, 9 am-4:30 p.m. Total Care Services, 5780 2nd St. NE; or fax resume: 202-526-7631.

MESSENGER/OFFICE ASSISTANT

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STERLING—3 lvl gar TH. $1700/m 3BR, 2½BA, Mstr ste w/lux ba & shwr, clst,2 & 3rd BR w/hall bath. LR, DR, Cntry kit, pwdr rm deck, LL rec rm & rr yd. * Extra Parking. ERA Teachers Inc, Dennis 703-675-2650.

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TYSONS—TH, MBR w/ pvt BA. Nr 495, 66, Metro. Avail mid Dec. Month-Month. N/P. 202-352-2258

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UPPER MARLB— $1490/mo 2BR TH 2½BA, grg, deck, fp 301-537-0353

UPPER MARLBORO—3BR 2.5BA TH. Rent: $1500. Rent to own: Low to Mid $200's. Call Nina Thompkins 202-420-0664. Exit Premier Realty 301-560-6700.

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WB—$1600,1383 Ironwood st, Woodbridge 4br 703-501-5897

White Plains—$1,975/m.10158 Tree Frog Place,-Lovely 3 levl TH,3 br,2.5ba,1 car gar,deck,fencd bkyrd,carpet,wd,hw flrs,fp.240-441-2050

WOODBRIDGE/3513 LACEBARK ELM CT—5BR 3.-5BA SF Col w/2 car gar. $3500/mo neg. Call Kola, 703-929-0268, Fairfax Realty 703-778-1830

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ALEX S/BELLVIEW—Prof M, N/S hse to shr. Good neigh. W/D, CAC. Metro. $450 + ¼ util. 703-822-3211

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ALEX/WATERGATE AT LANDMARK — Furn'd rm in apt. $750, incl all utils., Call 703-861-8103 or 571-244-4337

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ARL NO—Female to share house w/same, internet, w/d, on bus route, $495+utils. 703-339-6262
ARL— Shr hse. Walk Ballston Metro. Immed. Rms $595. Rm $675; Rm/BA/entry $795 + Util. **703-599-7572**
Arlington North—F Prof/NS 2 shr cute 3Br/3Ba Hse, own living space, nr metro, 625+1/3utl 703-532-8685
BETHESDA—Apt to shr. $700 & $600 utils. incl. Nr Grosvenor Metro. 202-321-5818; 202 458-7833
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CENTREVILLE—$510 Hse to shr, priv rm, priv BA & parking space call 703-798-3448, 703 356-9474
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Gaithersburg—$500 a room, $250 dep., 9305 Severn Terrace, 4 brs, 2ba, 1/2ba, utilities, 202-359-6896.
GRMNTWN—Rm for rent Priv BA in TH. Clopper & Germtn Rd. Free Cable. $500/+1/3util. 301-768-4450
Herndon—Prof. to shr 2-lvl TH, fpl, hwd flrs, deck, off st. pkg. MBR w/pvt BA $750 incl utils, 2 BR's w/hall BA for 1 person $750 incl utils. 703-599-6425
Huntington—$600 each room, brand new 4 br, 2 ba, util incl, 703-401-3141, near metro
KETTERING/LARGO—F shr TH. Furn MBR, pvt BA, wall TV, $650 mo incl utils., Metro, PG Col. 301 675-9073
Lanham—$500, Cipriano rd. N/S M pro to shr SFH. 1 br avail. Prvt entr. Utls & WiFi incl. 240-354-4961.
LANHAM—Shr hse nr bus & New Carrollton Metro. $500 incl util. Wkly $125-$135. 301-576-0028
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NW—House to share, furnished rms $500. 1 mo. rent/1 mo. security. 202-413-8097
ROCKVILLE— SHR Condo, Furnished room available. $450 incl utls. 202-321-4041
SE—Prof M or F to shr condo, n/s n/p, fully furn, newly renovated, Jacuzzi, full kit, w/d, cable TV. $175-350/wk utils inc. 202-536-5586
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SIL SPR—Rm for rnt w/ pvt BA & entr. $550 incl CATV + . Nr metro. 240-455-8357 or 240-304-4362
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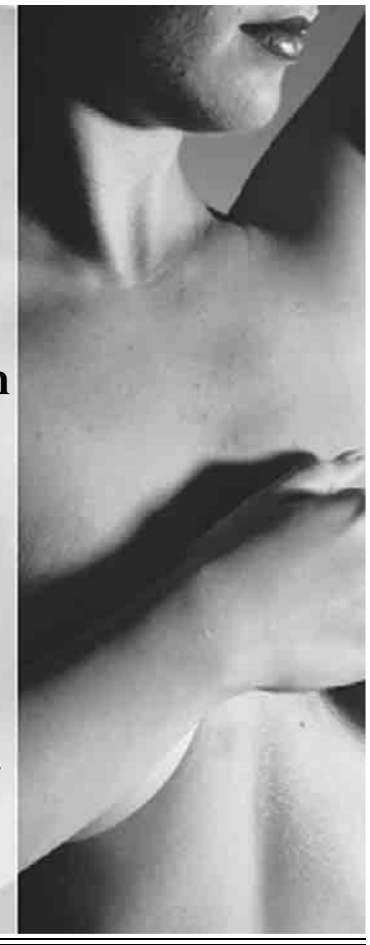

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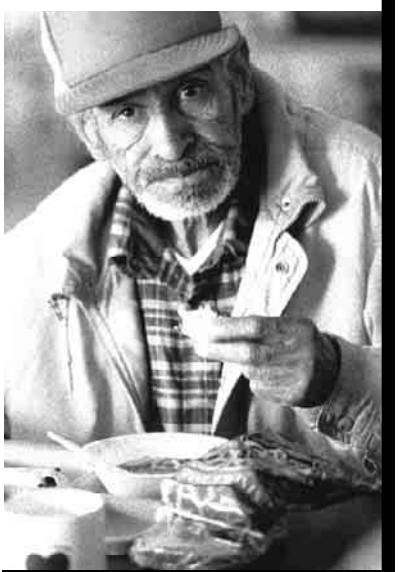

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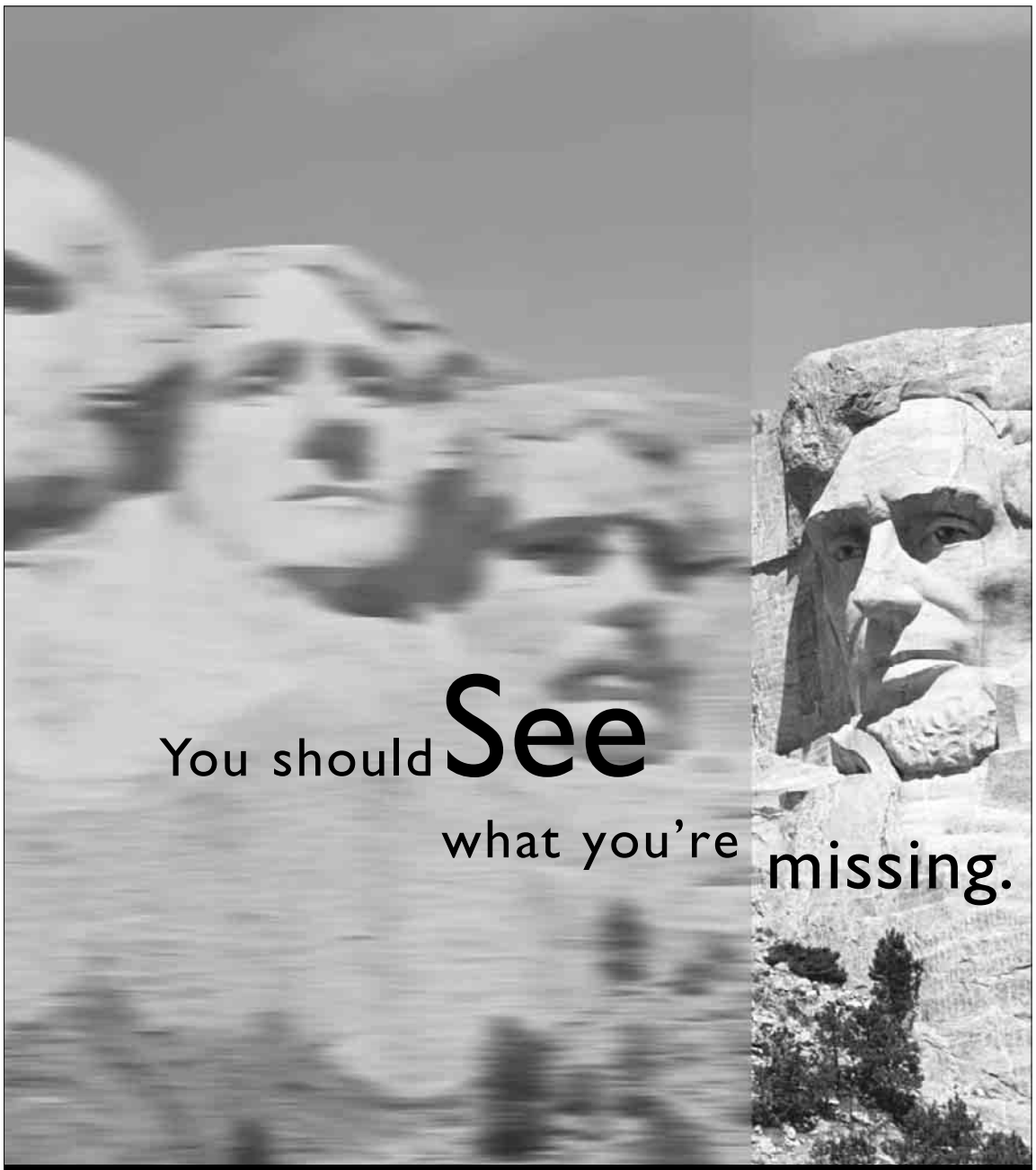

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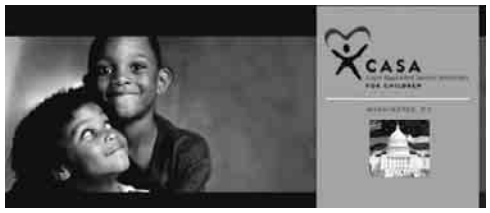

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INSIDE

Baubles to bedeck the festive fir | 43

Live Online: Taylor Hicks talks 'Idol' | 44

Write Stuff: Tori S. to write a memoir | 46

Military

The 'next generation' jets are struggling to get off the ground

To the military and defense firms that make it, the F-35 Lightning II is a "next generation" fighter jet, a technological leap meant to replace several aging fighters and help the United States maintain its dominance in aerial warfare.

The Pentagon plans to buy thousands of the new stealthy jets, to be flown by three branches of the military and by eight foreign countries. And despite being the most expensive Pentagon spending program ever, with a total cost of about $275 billion, each plane is supposed to be relatively cheap to build, a rarity in defense spending.

But as the first F-35 prepares for its inaugural flight sometime this month, it takes off into some cloudy skies. The program's cost has grown substantially while the number of planes to be built has dropped. Congress has shown a willingness to make cuts, and the coming leadership change at the Pentagon may muddy the plane's future.

Although officials from the Pentagon and the lead contractor, Bethesda, Md.-based Lockheed Martin Corp., say they are optimistic about the plane's future, they acknowledge the risk of the jet falling into a defense "death spiral," a cycle of cuts and higher costs that beset one of the F-35's closest fighter jet kin.

> "You get into this classic problem of the airplane continues to get more expensive, and therefore you buy less airplanes, and it gets more expensive."
>
> **TOM BURBAGE**, LOCKHEED MARTIN

"You get into this classic problem of the airplane continues to get more expensive, and, therefore, you buy less airplanes, and it gets more expensive and you buy less airplanes," Lockheed F-35 program head Tom Burbage said. "We are trying to get out of that spiral."

The jet program is at a vulnerable moment in its 10-year life, shifting from the costly research and development phase to the infancy of production. Under the Pentagon plan, spending on new F-35s is projected to average more than $1 billion per month by 2012, a clip expected to last for more than 10 years.

LM OTERO/AP

FLY BYE? The F-35, unveiled in July, is the subject of budget debates in Congress.

Fighting for Dollars

The project's large price tag makes it a tempting target for lawmakers — it narrowly avoided deep cuts this fall in Congress and saw its initial production numbers scaled back.

Some military analysts say the early erosion is a worrisome sign.

"Every time critics succeed in getting it cut, the average cost of the airplane goes up," said Loren Thompson, a military analyst with the nonpartisan Lexington Institute, who predicts the number of F-35s made for the U.S. military could eventually be cut by up to a third. "What is beginning to happen to the F-35 is precisely what happened to the F-22."

The F-22, conceived to fight the now defunct Soviet Union, is another technologically advanced jet and a cousin to the F-35. But the program has been sharply scaled back. Initial plans called for 750, but only 183 are slated to be built, with each plane costing around $350 million.

The F-35 is a similar jet, with the same stubby nose and twin tail fins, advanced radar, stealth design and other fighting capabilities. But it is also designed for greater versatility; It will be one of the first to allow a pilot to easily shift from bombing runs to aerial combat on the same mission. It will replace several older fighters, including the F-16.

Each variation uses the same research process and can be constructed on the same assembly line. That emphasis on cost was rare for bid defense programs, said Jacques Gansler, the former undersecretary of defense in charge of contracting during the late 1990s.

"It is going to be a very expensive program, but it is a low-cost airplane," said Gansler. "It is hard to put those words together, but the reality is that it is a low-cost airplane times a large number of airplanes." STEPHEN MANNING (AP)

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LOOK out

Not the Retiring Kind

Old Habits

104-year-old Waldo McBurney has spent a lifetime on the job

At 104, Waldo McBurney has never known a life without work.

His first paying job was guiding a lead team of horses pulling a wheat thrasher. He was 13 and was paid 50 cents a day.

After graduating from college in 1927, he worked a quarter-century at various jobs: as a vocational-agricultural teacher, county extension agent and at the local co-op. He started a business cleaning seeds for planting in the 1950s and ran it until he was 91. He took a decades-long hobby of beekeeping and went into the honey business, which he still has.

"I'm not a strong believer in retirement," he said. "I don't think retirement is in the Bible."

Still spry and agile as he hustles across Main Street in this windswept High Plains farming community in Kansas, McBurney is a man of two worlds — one of horses, buggies and a slower pace of life; the other of cell phones, jet planes and measuring time in milliseconds.

> "I don't think retirement is in the Bible."
>
> **WALDO MCBURNEY**, 104 YEARS OLD

"We're living in a faster age and we think too much about money and leisure. Our morals have gone downward. There's always hope, but it's hard to see how the good is going to come," he said. "A lot of the population thinks the biggest thing they can do is kill somebody they don't agree with."

McBurney grew up on a farm at a time when neighbors helped neighbors without asking, when life was more about work than worry.

"I expect people worry now more than then. Worry is a killer," he said. "Back then, you did your chores, lit the kerosene lamp and read."

CHARLIE RIEDEL/AP

Waldo McBurney, 104, continues to walk to his Main Street office in Quinter, Kan.

But his life hasn't been all work. He enjoyed running since childhood and at age 65 took up long-distance running. A decade later, he began competing in the Senior Olympics, the World Masters and other events, winning 10 gold medals for track and field events.

Although he stopped competing a couple of years ago, he still manages the four-block walk most days from his white framed house trimmed in blue to his Main Street office where he sells his honey and copies of his 2004 autobiography, "My First 100 Years: A Look Back from the Finish Line."

In his book, he attributes his longevity to many things — genes, exercise, food, mental attitude and faith. Many in his family lived into their 80s and 90s. He said lifestyle is more important than genes. For him, that has meant a lifetime without alcohol or tobacco.

With age, however, has come notoriety, something McBurney never really sought. Earlier this month, Gov. Kathleen Sebelius awarded him the state Hometown Health Hero Award, calling him "truly a gift to our state and an inspiration to lead a healthy life."

In October, he won the America's Oldest Worker for 2006 award from Experience Works, a national group that provides training and employment for seniors. Town leaders erected a sign near his office: "Congratulations, Waldo. America's Oldest Worker." He brushes aside mention of the sign with a quip.

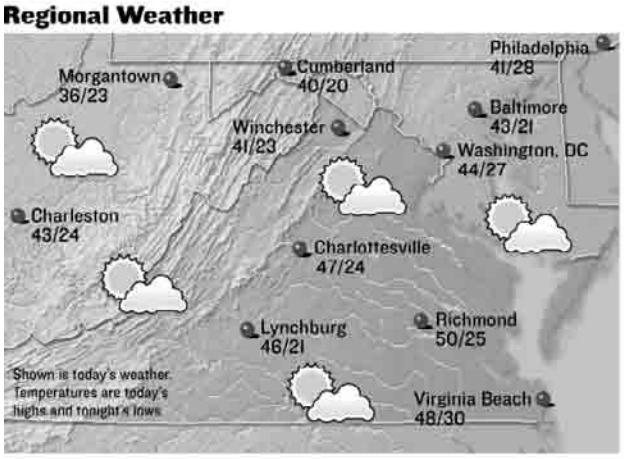
"I can just go about anywhere and be the oldest. The ones my age don't run around that much," said McBurney.

He added with a serious tone: "I never considered myself a great character. They are testing my humility." CARL MANNING (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Mostly sunny, cold	Mainly clear	Partly sunny, breezy	Partly sunny	Mostly sunny, colder	Mostly sunny
44°	27°	50° / 36°	47° / 27°	37° / 25°	43° / 32°

Regional Weather



Forecasts and graphics provided by **AccuWeather, Inc.** ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	41°
Low	32°
Normal high	51°
Normal low	35°
Average humidity	40%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	0.06"
Normal month to date	0.40"
Year to date	46.27"
Last year to date	41.28"
Normal year to date	36.70"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

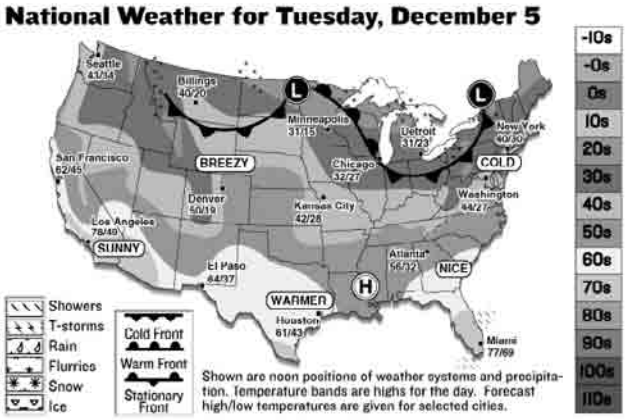
D.C. Metro: Today, mostly sunny, cold. High 44. Wind north-northwest 7-14 mph. Tonight, mostly clear. Low 27.

Sun and Moon

Sunrise today	7:11 a.m.
Sunset tonight	4:46 p.m.
Moonrise today	5:06 p.m.
Moonset today	8:07 a.m.

Last	New	First	Full
Dec 12	Dec 20	Dec 27	Jan 3

National Weather for Tuesday, December 5



Shown are noon positions of weather systems and precipitation. Temperature bands are highs for the day. Forecast high/low temperatures are given for selected cities.

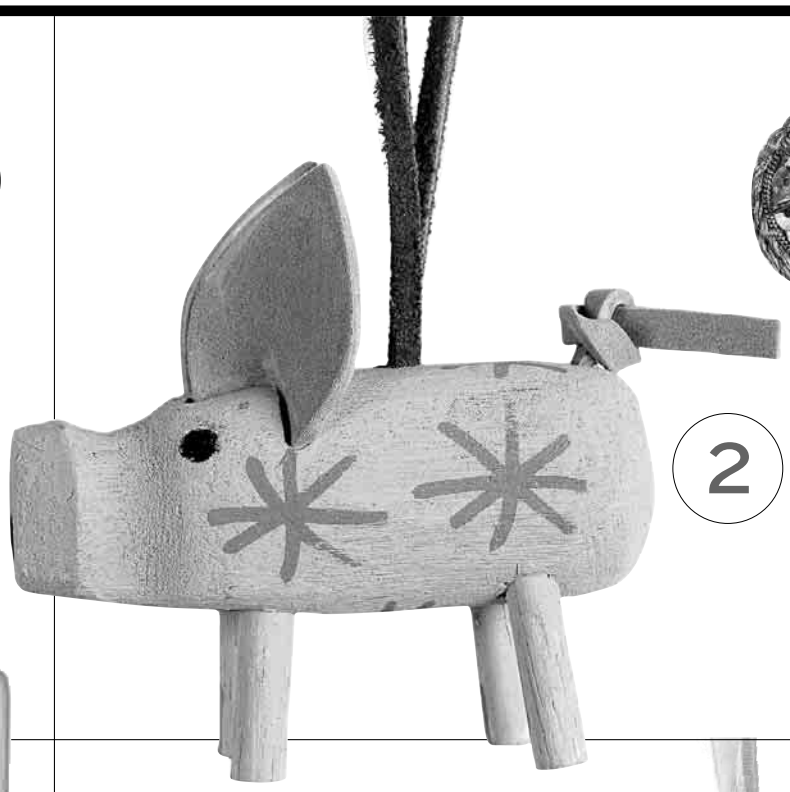
National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	56/32/s	61/36/s
Boston	36/30/pc	46/36/pc
Chicago	32/27/c	32/16/c
Dallas	60/41/s	61/37/pc
Denver	50/19/pc	40/18/pc
Honolulu	84/71/s	84/72/s
Los Angeles	78/49/s	76/49/s
Miami	77/69/c	80/68/pc
New York City	40/30/s	46/39/pc
Orlando	71/53/pc	75/56/pc
Seattle	43/34/pc	47/34/pc

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	55/48/sh	54/46/c
Athens	62/46/pc	63/46/pc
Berlin	55/48/sh	54/41/r
Buenos Aires	81/61/s	88/66/s
Calgary	37/20/sf	33/24/pc
Dublin	48/37/c	48/43/sh
Geneva	56/46/sh	47/32/r
Moscow	34/30/sf	39/39/r
Rome	64/52/pc	64/52/pc
Sydney	72/62/s	75/65/s
Tokyo	55/40/s	57/41/s

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



HOLIDAY HOT LIST

Whoa Tannenbaum

You felled a living tree. Might as well decorate it

(1) The disadvantage of this bone-china ornament is that all the Styrofoam-ball snowmen will feel really outclassed. A companion piece, not shown, looks like a modernist Death Star. ($20 each, Hirshhorn Museum Shop, Independence Avenue and Eighth Street SW; 202-357-1429)

(2) Oh, pig — giver of bacon! Hunter of truffles! Wallower in mud! Star of "Charlotte's Web!" This green, wooden porker is a Navajo interpretation. ($12.50, National Museum of the American Indian Shop, Fourth Street and Independence Avenue SW; 202-633-7030)

(3) Hang a fleet of these pink orbs on a retro tinsel tree draped with strings of mini-blacklights (They exist! Get some at epartyunlimited.com) for the ultimate disco evergreen. ($4, Groovy DC, 428 8th St. SE; 202-544-6633)

(4) Eggnog is so 20th century. Mod elves and Jimmy Buffet fans deck their trees with sequined margaritas. ($7, World Market)

(5) Go totally Old Testament on your fir with sequined ornaments that evoke the pre-Christmas tale of the dude who got swallowed by the giant, sea-dwelling mammal. (in red, blue and green, $15 each, uncommongoods.com)

Jewelry

Circle of Life

Ooooh, shiny. The newly launched **ISIBINDI DIAMOND MEDALLION COLLECTION** ($75-$1200, miaandkompany.com) is a line of jewelry that supports AIDS orphans in South Africa. The front of each medallion is inscribed with "dsibindi" and "dapperheid," which mean "courage" in Zulu and Afrikaans, respectively. The back reads "Isibindi Umbumbulu," which represents the region in South Africa where the Isibindi project, the beneficiary of the proceeds, was founded.

KRISTEN PAGE-KIRBY (EXPRESS)

Beauty

Pour Some Oil on Me

Years of adolescence taught you to never let anything oily within six feet of your skin. Get over it. Olive Oil Body Wash ($11.50, regissalons.com) has a sweet scent and smooth texture, like some wholesome Italian film actress. Calm your lube-phobic nerves: After you lather and rinse, the grease is gone. FIONA ZUBLIN (EXPRESS)

Look out Online

from readexpress.com

D.C.'s Sidewalk Food Desires

CHEAP EATS | On Saturday, The Washington Post wrote about a recent survey that polled 480 people who either live or work in the District who overwhelmingly said they wanted more street vendors — if they sold "something different," as one D.C. Department of Consumer and Regulatory Affairs official said.

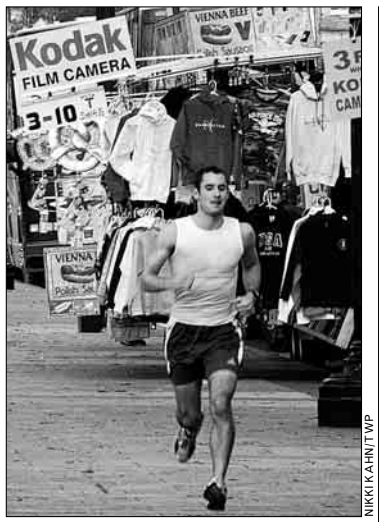
The survey showed that 82 percent of respondents would consider heading to a local sidewalk in search of a bite to eat. According to The Post, people want access to more Thai, Lebanese and African food, including vegetarian options and baked potatoes. While D.C.'s corps of vendors is pretty weak compared with what one finds in New York, a moratorium has been in place in recent years after competition between sidewalk entrepreneurs became too fierce in the late 1990s.

The city is eyeing a change now that the moratorium on new vendors has expired.

So if a cheaper, tastier lunch option was available near your office, what would you want?

Would it be yucca fries and veggie burritos from a cart on L Street NW? Lamb Vindaloo to spice up Federal Center SW? Some Ethiopian tibs with injera down at Metro Center? Send suggestions about what kinds of food you'd like to see in which locations to **COMMENTS@READEXPRESS.COM** and we'll post your thoughts on **READEXPRESS.COM** and in Wednesday's print edition.

MICHAEL GRASS (EXPRESS)



NIKKI KAHN/TWP

ON THE STREET: T-shirt vendors are of little use to hungry local office workers.

I Ga. Ave. Entry to Close

PETWORTH | Hipsters who fled Mount Pleasant and Columbia Heights to take refuge in the Georgia Avenue corridor in recent years are being followed up Park Road by construction equipment.

Work has started on a transit-oriented mixed-use development called Park Place, at the corner of New Hampshire and Georgia avenues. And starting next week, that construction will shut the escalator entrance on the west side of the Green Line's Georgia Avenue-Petworth station for two years. According to Metro, the station's elevator will remain open "until further notice."

The entrance on the east side of Georgia Avenue will also remain open. The large bus bays on the west side of Georgia Avenue, however, will be relocated. M.G.

→ Coming Up Today

As the world continues to be intrigued by the poisoning of a ex-KGB spy in London, take a walk with Express to visit the hidden Cold War landmarks of Glover Park and Georgetown.

? Poll Center

TODAY'S QUESTION

Are you looking forward to the D.C. smoking ban?

1. Yes
2. No

YESTERDAY'S RESULTS

How does George W. Bush rank among U.S. presidents?

- 14% One of the best
- 4% Middle of the pack
- 78% One of the worst
- 4% Too soon to tell

As of 5:15 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY'S POLL QUESTION AND GET A STATION-BY-STATION BREAKDOWN OF HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**

The Blog Log

"[C]an someone make a note to e-mail me on April 2 and remind me to move my car?"

TINGB.BLOGSPOT.COM IS EXCITED THAT STREET SWEEPING HAS BEEN SUSPENDED ON MOST DISTRICT STREETS UNTIL APRIL 2. THE ANNUAL HIATUS WENT INTO EFFECT ON MONDAY.

Justified U St. Fears?

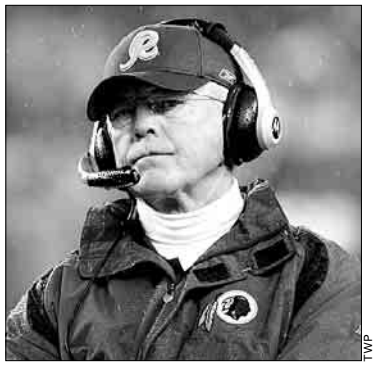
"Plenty of people in those areas resent more prosperous white people taking over what was a historic black area. ... I remember a time when no white person would have gone east of 15th Street on U [Street] unless they actually intended to buy drugs."

A **DCIST.COM** COMMENTER REACTS TO A POST ABOUT AN OREGON-BASED BAND FEELING UNCOMFORTABLE PLAYING AT A RECENT SHOW AT DC9 ON 9TH STREET NW.

Fenty the Taskmaster

"But to deny his people the simple pleasures of Mindsweeper? Or setting fantasy football rosters?"

THEDCUNIVERSE.BLOGSPOT.COM FEELS PITY FOR THOSE WORKING FOR D.C. MAYOR-ELECT ADRIAN FENTY, WHO WILL SIT AMONG HIS WORKERS IN A "BULLPEN."



TWP

Is Tori a Wordsmith?

"The ghostwriter will certainly come in handy — especially when Tori's agent informs her that writing a memoir actually involves stringing verbs, nouns and adjectives together to create anecdotes that require four, sometimes five sentences to explain."

JOSSIP.COM THINKS TORI SPELLING'S NEW BOOK WILL REQUIRE CAREFUL CONSULTATION BETWEEN THE FORMER "90210" STAR AND THOSE WITH WRITING EXPERIENCE.

"Many ... fans, whether they can even admit it to themselves or not, were booing Joe Gibbs."

HAILREDSKINS.COM/BLOG COMMENTS ON BOOING FANS AT FEDEX FIELD ON SUNDAY AFTER THE REDSKINS LOST TO THE ATLANTA FALCONS, DASHING ANY REMAINING HOPE FOR PLAYOFF ACTION.

DON'T

FEEL SAFE. Today is the Day of the Ninja (dayoftheninja.com), the only holiday that celebrates wearing tightly fitting cloth to disguise one's appearance, creeping around silently and then unleashing quick death. "Nonjas" who don't participate — beware.

Live Online

'American Idol'

Fifth-season "American Idol" winner **TAYLOR HICKS** was online Monday at washingtonpost.com to promote his upcoming album ("Taylor Hicks," Dec. 12 release date).

What's on your iPod?
Dave "Chappelle's Show," lots of music and I've been listening to Paul Simon lately.

Fill us in on this "modern whomp" music. How did this come about, and what's its connection to you?
An example of modern whomp would be "Runaround" [on the album]. It's got a Cajun beat with some modern beats and soulful horns. It's got that "whomp sound."

I notice you don't wear rings, bracelets, watches, neck chains, etc. Is that a personal style/comfort choice or is it because of allergies?
Wow, you've really done your homework to know I have allergies. I guess I like to keep things free. I do have one bracelet that I wear, but I like to keep my hands free for musician purposes.

Did "Weird Al" Yankovic's parody of your "Do I Make You Proud" upset you?
Not at all. I was very flattered and laughed a bit at it.

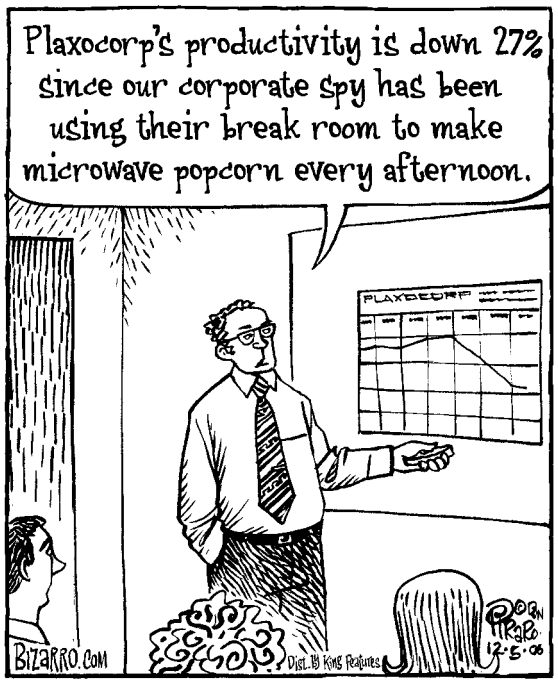
I read somewhere last week that you wanted to forget about "Idol" and move on. What exactly did you say?
First of all, my words were completely taken out of context to sell newspapers. What I said is that the torch for me is being passed on to the "American Idol" season six. I was basically saying that "American Idol" for me is beginning to fade because season six is starting in a month. I'm very grateful for the show.

If you could perform anywhere in the world, at what venue would you most like to perform, and if you could have one person in the audience, who would you choose?
Sydney Opera House. My great grandmother who's passed away.

TODAY ON LIVE ONLINE: Director Ed Zwick discusses his latest film, "Blood Diamond," starring Leonardo DiCaprio, at noon. | **washingtonpost.com/liveonline**

Look out

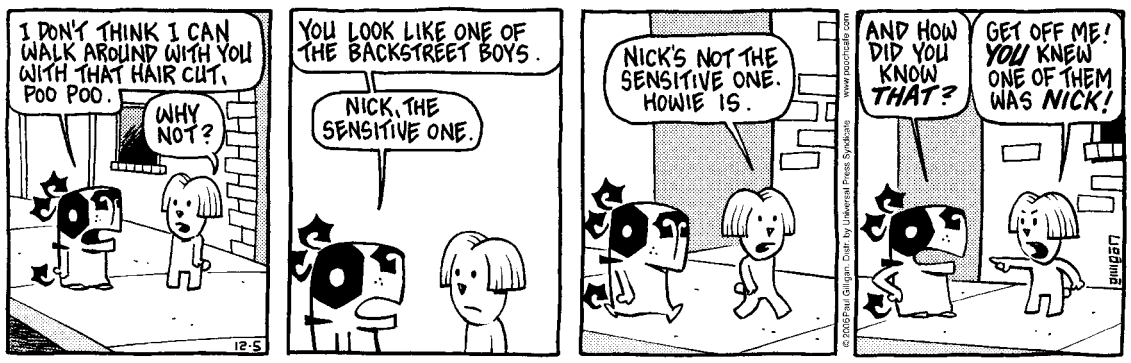
Bizarro | *Dan Piraro*



Cornered | *Mike Baldwin*

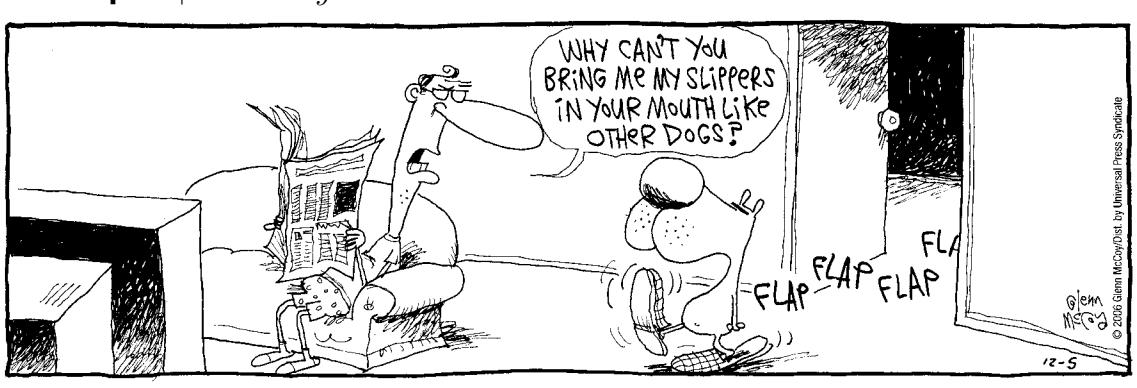
"I'm advising my client not to answer any more questions, or to even make eye contact."

Pooch Cafe | *Paul Gilligan*



Pearls Before Swine | *Stephan Pastis*

The Duplex | *Glenn McCoy*



Horoscope

By Stella Wilder

SAGITTARIUS (Nov. 22-Dec. 21) There's more to your bad attitude today than meets the eye — or the ear. You'll want to arrive at a greater understanding of your own moods.

CAPRICORN (Dec. 22-Jan. 19) You can prove yourself to be quite flexible — when you need to be. Take care you aren't unwilling to take a stand.

AQUARIUS (Jan. 20-Feb. 18) Avoid criticizing others and you can avoid being criticized yourself. You're in no mood to play games with someone who insists on cheating.

PISCES (Feb. 19-March 20) Someone may feel he or she can tame you at this time, but you can prove once and for all that you are your own person, come what will.

ARIES (March 21-April 19) You may be too concerned with doing things the right way, and this can prove limiting. Trust your instincts and experiment more freely.

TAURUS (April 20-May 20) Take care you're not being propelled against your will down a dangerous path. You'll want to maintain control over your own destiny.

GEMINI (May 21-June 20) This is a good day to close your mouth and open your ears. You can learn a great deal about yourself at this time by listening to others.

CANCER (June 21-July 22) You may surprise yourself by agreeing with those with whom you are usually very much at odds. The truth is, you're starting to mellow.

LEO (July 23-Aug. 22) You're going to want to keep your wits about you as you engage in a friendly competition with a friend. By all means, follow the rules.

VIRGO (Aug. 23-Sept. 22) It's a good day to spend more time around the home. You'll discover something about yourself in the way you address domestic issues.

LIBRA (Sept. 23-Oct. 22) It's never a waste of time to go back to the basics, and you can derive a great deal of profit from starting, once again, at the beginning.

SCORPIO (Oct. 23-Nov. 21) You'll have the opportunity to perform some long-overdue work on your own reputation. Some people may be seeing you in the wrong light.

AFP/BLAKE EXPEDITION

America's Cup winner Peter Blake was slain by Brazilian pirates on the Amazon River today in 2001. Police said six masked men shot Blake, who died instantly.

Today in History

1776 The first scholastic fraternity in America, Phi Beta Kappa, is organized at the College of William and Mary in Williamsburg, Va.

1848 President Polk triggers the Gold Rush of '49 by confirming that gold has been discovered in California.

1932 German physicist Albert Einstein is granted a visa, making it possible for him to travel to the United States.

1991 Richard Speck, who'd murdered eight student nurses in Chicago in 1966, dies in prison..

1994 Republicans choose Newt Gingrich to be the first GOP speaker of the House in four decades.

2001 New Zealand yachtsman Peter Blake, two-time winner of the America's Cup, is slain by Brazilian pirates on the Amazon River.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Look out | People

JOHNNY GREEN/AP

"Mmmmm, the back of my hand tastes like easily paid fines instead of jail."

REHAB TIME

Pete's Pesky Drug Habit Now Even More Expensive

PETE DOHERTY smiled and hugged fans outside court Monday after a judge ruled he will not serve jail time for possession of drugs including heroin and crack cocaine. The 27-year-old Babyshambles singer was ordered to pay $1,525 in fines and court costs and cannot drive for four months. (AP)

PR QUOTES

Runway's Laura 'Throws Another One on the Pile'

LAURA BENNETT, a finalist on the third season of Bravo's "Project Runway," has welcomed her sixth child, a boy named Finn, a Bravo spokeswoman confirmed Monday. The baby was born Friday in Manhattan to Bennett and her husband, Peter Shelton, who runs a design firm. She has four sons — Peik, 10; Truman, 7; Pierson, 4; and Larson, 3. She also has an 18-year-old daughter, Cleo, from a previous marriage. (AP)

SPLITS

Lance: He's Single

LANCE BASS and boyfriend **REICHEN LEHMKUHL** have called it quits, People magazine reported. Bass, of 'N Sync, revealed earlier this year that he was in a relationship with Lehmkuhl, a former Air Force captain and winner of season four of "The Amazing Race." Lehmkuhl has a new book, "Here's What We'll Say," recounting his time keeping his sexual orientation a secret from Air Force colleagues. (AP)

DAN STEINBERG/AP

VINCE BUCCI/GETTY IMAGES

NOT LIKELY

We Are All Going to Feel So Bad If This Book Is Terrific

TORI SPELLING has so many sTORIes to tell. The "Beverly Hills 90210" alumna, who has been spoofing her rich-kid reputation on VH1's "So NoTORIous," is working on a memoir to be published in 2008 by Simon Spotlight Entertainment, a division of Simon & Schuster. "We all think we know who Tori Spelling is because she has grown up in the public eye, but her book will give readers a chance to know the real Tori — a funny and resilient young woman with a fascinating story to tell," Jennifer Bergstrom, vice president and publisher of Simon Spotlight, said Monday in a statement. The book is currently untitled; financial terms were not disclosed. (AP)

BAD

TV Actor in Car Accident

An SUV carrying **LANE GARRISON** of "Prison Break" and three teenagers struck a tree, killing a 17-year-old boy, police said. Two 15-year-old girls inside the vehicle were also injured, one critically, during the Saturday night accident. Garrison, 26, had minor injuries. The vehicle jumped a curb and hit a tree. Authorities were trying to determine who drove the SUV, which was registered to Garrison. (AP)

ABDELJALIL BOUNHAR/AP

The mic looked huge in Roman's hands. Was he shrinking with age?

EXILED

'Cool — an Award I Can Legally Accept!'

ROMAN POLANSKI was honored with a lifetime achievement award in the country of his childhood at the 19th annual European Film Awards. "It's a moving moment for me, of course, to receive this award, and particularly to receive it in Warsaw," he said. Polanski was given the award for creating what the academy said "were some of the most unforgettable moments in cinema" with films such as "Rosemary's Baby" and "Chinatown." He won a best director Oscar for 2002's "The Pianist." (AP)

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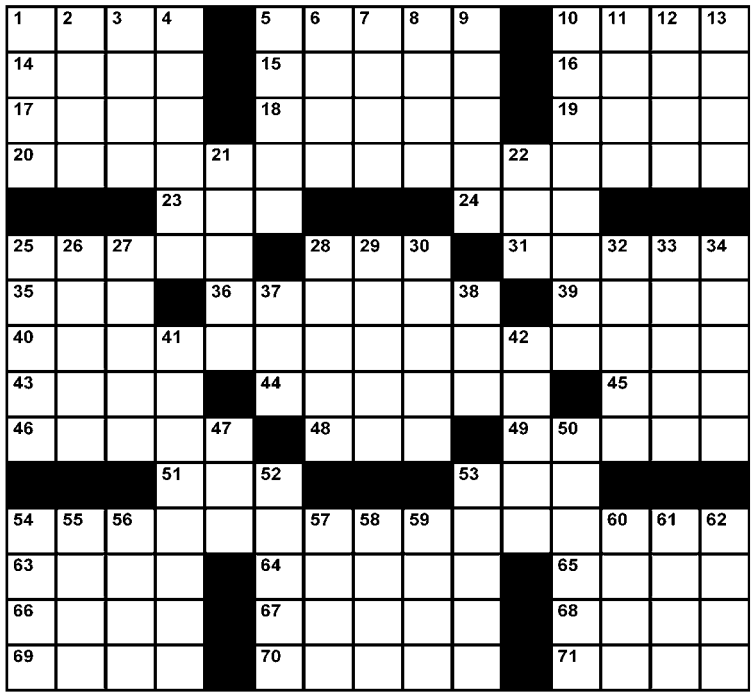
Low Bridge

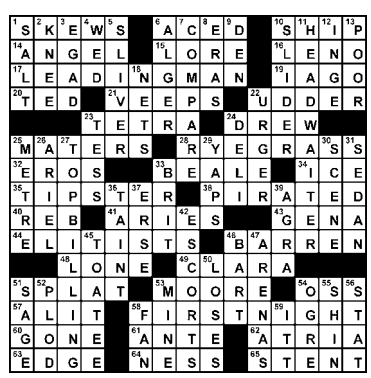


ACROSS
1 Industrial curse
5 Collect
10 Caledonian, e.g.
14 A Smurf
15 Blue shade
16 Sound and healthy
17 Innocence and others
18 Audience's enthusiastic response
19 End follower
20 Hit a new low?
23 Make a boo-boo
24 Long-faced
25 Roofing material, sometimes
28 Naval reply
31 Furry Australian
35 Caught stealing
36 Nine-day devotion
39 Fan noise
40 Get into begging position
43 Teen's torment
44 Nicholson role in "Prizzi's Honor"
45 In a previous time
46 Loses leaves or hair
48 Epitome of clearness?
49 "As You Like It" forest
51 Hip-hop Dr.
53 Actress Gardner
54 What good fortune may do
63 Fencing sword
64 Baseball's all-time home run leader
65 Candy shape, perhaps
66 Get misty-eyed
67 Delirium
68 Captain Pierce portrayer
69 Postfixes
70 Fax's kin
71 Sets, as a trap

DOWN
1 Luxurious resorts
2 "The Gift of the ___"
3 Doing business
4 Sealing ring
5 Garden feature, perhaps
6 Cartoonist Walker
7 Native maid in India
8 One way to build interest?
9 Slovenly people
10 Close up shop
11 Curtain call lineup
12 Bargain spread
13 Tenure
21 River to the Humber estuary
22 Wood type
25 Vending machine stock, perhaps
26 Pitch suddenly
27 Square things?
28 Sidestep
29 Meddlesome type
30 Arch rival
32 One way to set a clock
33 Feudal superior
34 Hot crime?
37 "That's awesome!"
38 Simile center
41 Street vendors, e.g.
42 Scoundrel
47 ___ Lanka
50 Spanky or Alfalfa
52 Put on the books
53 Architectural wing
54 Greek salad ingredient
55 Copied
56 Be in charge of
57 Container weight
58 Face-to-face exam
59 Move like molasses
60 Bits of a song refrain
61 Raggedy doll
62 Pod objects

EDITED BY TIMOTHY E. PARKER

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

Yesterday's Solution

7	8	3	2	5	9	4	6	1
1	6	4	7	3	8	5	9	2
5	9	2	6	1	4	7	8	3
2	5	6	3	7	1	8	4	9
8	1	9	4	2	5	3	7	6
4	3	7	8	9	6	2	1	5
6	7	5	1	8	3	9	2	4
9	2	1	5	4	7	6	3	8
3	4	8	9	6	2	1	5	7

	5			1			4	
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8		5	1	4	2	3		6
	6			7			2	

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fit

NUTRITION

Raising the Bar

What to pick from under the sneeze guard to top your greens | E6

LOOKS

Makeup's Mojo

Just making you look pretty won't cut it anymore at the cosmetics counter | E7

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Kick Your Own Butt

Fight off the flab with self-defense classes | E4

GETTY IMAGES

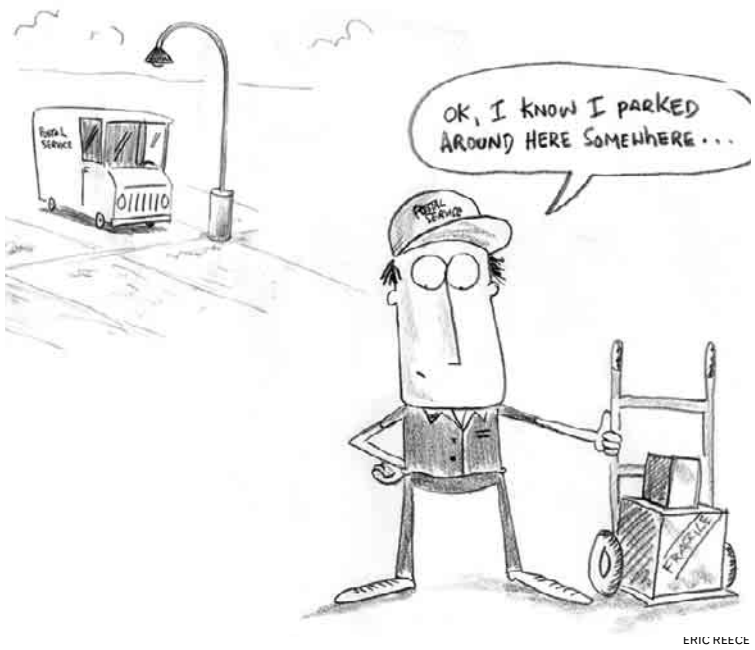
PLUS: Think water aerobics is just for old ladies? Aqua Challenge will change that. | E5

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Don't Lose Your Mind (or Keys) to Stress

Q I am 21 years old and seven months' pregnant. My fiance just walked out on me and our autistic 3-year-old son. I know there is no hope that he will come back or have anything to do with either one of our kids aside from the child support he has to send. I am almost completely financially dependent on my ex. He agreed to continue supporting me until the baby is born and then I am on my own. I honestly don't know how to begin to prepare myself for single motherhood. —ANONYMOUS



ERIC REECE

My heart goes out to you. First of all, give yourself permission, at least for a bit, to do the laying around and feeling sorry for yourself thing. Steamrolling through these next tough weeks with an "I don't deserve to be upset" smile epoxied onto your face will not be good for you or your children. Burying hurt doesn't get rid of any of it; it just makes it corrode from within. So, please — grieve and be angry. Let the feelings flow. With air, they'll start to lose their power (that's right, just like stinky socks.)

To avoid getting bogged down, keep your days structured, and make small, manageable goals to move forward (Nay: "Get job." Yay: "Today, fill out one application.") Stay close with the people who will support and boost you logistically and emotionally, and learn to ask for help — that's not a sign of weakness, but something that will build you up and protect your children. Try to remember that simply by surrounding your kids with loving people and consistent, gentle structure, you'll be giving them an invaluable gift. What will make you a great mom is not that you have it all figured out, but that you are willing to try your best and soldier on, for their sake, when things are less than perfect.

> Burying hurt doesn't get rid of any of it; it just makes it corrode from within.

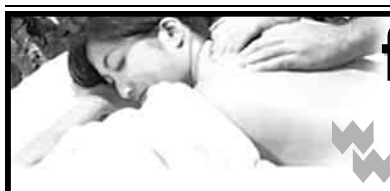
One of the best things you can do for the three of you is to talk to somebody, to channel those feelings into insight and in turn into growth and strength. In Washington, D.C. and Virginia, The Women's Center (www.thewomenscenter.org) is a great low-cost resource for counseling and legal support, and many local counties have additional resources. You showed a lot of strength just by writing in and laying it on the line. With the right guidance, you are truly on your way.

Q I have been having problems with my short-term memory for the past few weeks. Even though it's about simple things like where I put my keys, or which apartment someone lives in that I've been to once before, I'm concerned. I am only 34. Can stress cause this? —TOO YOUNG FOR THIS

Absolutely. Not only do the encoding and retrieval processes of memory get messed up during stress, but stress can also affect other patterns that influence memory, like eating and sleeping, as any "But I crammed and ate Pop Tarts all night!" exam-failer knows.

If rest and stress reduction techniques don't seem to help, though, be sure to bring it up with your general practitioner.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at **baggage@readexpress.com**. This column is not a substitute for one-on-one care.



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Goods | fit

Join the Club

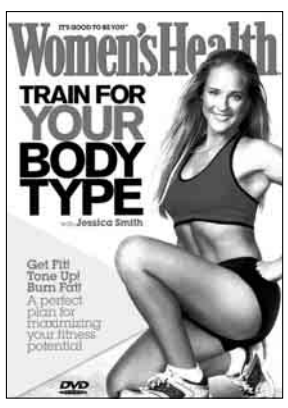
CAVEMEN DEVELOPED their toned physiques with heavy clubs. And you can, too, with Clubbells, weights developed by American Sombo wrestling champion Scott Sonnon that look like colorful baseball bats . They come in a range of weights, up to 80 pounds, but we tested a set of two 5-pound Clubbells ($50, rmaxinternational.com). You swing them in controlled motions to build muscle while working on flexibility and elevating your heart rate. Just be sure not to knock yourself in the head with one.

NEW IN HEALTH **warm ups**

Pass on Sass

SMOOTH SKIN SEEKERS may be intrigued by Sass & Silk Shave Cream ($16, cosmeticmall.com). But although its creamy blend of aloe vera, chamomile and vitamin E smells lovely and feels darned good rubbed over some leg stubble, it's not going to work any wonders that other shaving creams have not. The oils keep skin soft even after the razor does its thing, but moisturizers work just as well.

Choose How to Lose



THE EXERCISES that work for a hipless bod aren't always the best for a curvy figure, so Women's Health enters the DVD biz with "Train for Your Body Type" ($15), an easily customized workout with nine easy-to-follow parts that can be shuffled into a new routine for every day of the week. The individual segments aren't very grueling — not even the super short "amp it up" ones. But combine cardio interval training with core work and a dose of yoga and you'll be ready to hit the showers.

Packs a Crunch

THE BEST THING ABOUT 100-calorie packs is that you can gobble them down to the last crumb without feeling guilty. The latest snack food to get this shrunken serving size treatment is EatSmart's Veggie Crisps ($4 for box of eight, grocery stores). What makes the crunchy circles of potato, spinach and tomato — kinda like Terra chips, but less gourmet — even more remarkable is that you'll actually feel satisfied when that bag is empty. They contain no cholesterol or trans fats, but don't expect any vitamins, either. You'll have to eat real vegetables for that.

PRODUCTS

GuineaPig

Eye Spy Lies

CRINKLY LINES around the eyes are adorable ... until they become crows feet. And then you want to zap them away. Is the answer Dream Face For Eyes Instant Eye Lift ($10, CVS) — as seen on TV — which promises to eliminate wrinkles and droopiness for the day?

We slathered on the stuff, which felt cool and tingly and smelled like glue. Within a few minutes, it hardened. One tester likened it to a shellac and said it felt like her eyes were more open. But it didn't seem to change anyone's appearance at all — except to leave a thin circle of white film that called attention to the corner of their eyes.

Our testers weren't willing to find out whether Dream Face does, indeed, last all day. They washed it off within a few minutes.

VICKY HALLETT (EXPRESS)

SHARE YOUR

NEW YEAR'S RESOLUTIONS

After the gluttony of the holiday season comes the slew of promises. Are you planning on forgoing happy hour, commuting to work by bike, taking up Pilates or doing something else to improve your health in 2007? Send your resolution, along with why you're doing it, to vicky.hallett@readexpress.com. We'll print an assortment of interesting ones Jan. 2 — and then we'll follow up to see if you stuck to your new routine.

express

fit | Phys Ed

THE EXPERTS

TrainReaction

Perfect Blend

Q I enjoy yoga and Pilates more than just lifting weights in the gym. Is there any way to combine all three to create a complete workout?

Traditional "weight training" is changing from the glory days of bodybuilding to the modern style of body-weight training with functional movements. So yoga and Pilates are becoming a staple in the strength workouts of elite-level fitness trainers.

After a five minute warm-up on any piece of cardio equipment (treadmill, bike, etc.), spend the next five to 10 minutes practicing yoga poses for elasticity — I like downward facing dog and warrior 1. These are awesome for flexibility. Move directly into mat Pilates for a core focus. The corkscrew series, with the hips elevated on a small stability ball, is a great start. Try DVDs from thepilatescoach.com for more ideas.

By the time you start the resistance training section of your workout — with those old-school weights — you will be totally warmed up. Because of this, your lifts will be stronger and the chance of any injury occurring from weight training will be decreased. You will also burn more calories during and after your workout.

Matthew Blair Davis, MS, CSCS, PES, is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training. E-mail him at matt@functionalrevolution.com.

VITALSTATS

135

THE DEGREE ANGLE THAT'S HEALTHIEST FOR BACKS, RADIOLOGISTS DECLARED LAST WEEK. SO, SIT BACK.

GETTY IMAGES

Tackle Defense

Karate-chop and street-fight for a better body

A swift boot to the head, followed by a jab-cross and clinch will kick most opponents' butts. And if you do that kind of combination enough, your heinie's going to get sore, too — a sure sign of firming buns.

Although it's the allure of learning how to punch, kick and chop that often draws folks to self-defense classes from Krav Maga to Tae Kwon Do, the pupils learn how to fight off more than just an opponent.

"My average student will lose 20 to 30 pounds in three months," said Jeremy Lafreniere, head trainer at Virginia's Capital Jiu-Jitsu Academy. "Everybody undergoes a weight loss because it's so physically demanding." Just ask Lafreniere's student Mark Webster, 33, who's dropped 70 pounds in the past year: "I feel stronger, more confident and I can get around more easily."

The secret to self-defense's success is that the competitive aspect sucks you in, Lafreniere said. "You're actively working against someone who's actively working against you," he explained. And that gets you working harder.

Brandon Hallmark, a white belt who's been studying for four months at the D.C. Self Defense Karate Association, could never stick to a traditional gym routine. But he's happy to spend hours doing push-ups and sit-ups in the name of better form and the hope of a higher rank. "There are so many things to focus on that you don't realize you're working out until you turn into a puddle," he said.

The most advanced students at the DCSDKA are taught by Carol Middleton, a seventh-degree black belt who started the school in 1976. She incorporates her background in exercise physiology into the training. "Fast movements with small weights builds power," she noted. So her gang completes an elaborate warm-up, which includes swinging dumbbells around every which way, twisted ab moves called "crunchies," push-ups from the knuckles and more. After all, warm, strong muscles not only help make movements more explosive, but they can protect you better from a classmate's awry foot.

> "You don't realize you're working out until you turn into a puddle."

Then the class advances to drilling technique. Middleton barks out combinations that the wannabe Bruce Lees perform while crossing the room. Each rapid movement must be precise, so students consider every muscle in their bodies as they let their arms and legs fly in anaerobic bursts. They're grunting and dripping before even pairing off to spar.

Knowing how to fight back even when exhausted is what can truly help in a dangerous situation, said Ben Rudolph, who runs H.A.Lo.H. Defense Tactics at Results the Gym. "We try to teach everything contextually, so we try to get you weak and tired," he said. That's easy enough to do by repeatedly working on strikes and throws that get the heart rate up while boosting strength.

So if you ever happen to need to employ any of these techniques, you'll know how to use them safely. And you'll look good doing it.

VICKY HALLETT (EXPRESS)

BEAT UP YOUR HEART RATE

- Capital Jiu-Jitsu Academy (Jungle's Gym, 305 Hooff's Run Dr., Alexandria, Va., 703-346-8828, gracieva.com) specializes in Brazilian Jiu-Jitsu and Muay Thai kickboxing.
- D.C. Self Defense Karate Association (1716 Newton St. NW, 202-250-3770, dcsdka.net) offers Tae Kwon Do classes for all ages.
- H.A.Lo.H. (Results the Gym, 1612 U St. NW, 202-437-6701, halohcombatives.com) is a "tactical close-quarter fighting system."

Sweatin' Around the Christmas Tree

You don't need to be a Scrooge to celebrate the holidays in a healthy way. Just don't expect endless eggnog and sugar cookies.

MINT FITNESS kicks off a new series with Seasonal Balancing: Winter (Dec. 9, 2 p.m.-4:30 p.m., $55 for members, 70 for non-members, 1724 California St. NW, 202-328-6468). A lecture/workshop incorporating naturopathy, nutrition and yoga promises to help you understand your bodies needs as temperatures drop.

FREE YOGA, Pilates, personal training and massages? We are so at Somafit's Holiday Health Fair (Dec. 16, 9 a.m.-5 p.m., 2121 Wisconsin Ave. NW, 202-265-2121). Call ahead to reserve spots in the classes, but even drop-ins can take advantage of skin demonstrations, shopping discounts and complimentary nibbles.

IT'S MORE MINGLING than moving at the Boundless Holiday Party (Dec. 16, 6 p.m.-9 p.m., donations go to local nonprofits supporting youth, 1522 U St. NW, 202-234-9642). But the yoga studio will offer palm and tarot card readings, snacks and a raffle for prizes such as massages and private yoga lessons. V.H.

MINA PAHLEVAN

Jeannie Brown Johnson sits by the Vida pools among her most beloved props: elastic resistance bands and SpaBells.

A Class of Water

Plunge into the pool to develop a swimsuit body

Balls, bands and barbells: Jeannie Brown Johnson will throw just about anything into the mix for her Aqua Challenge class at Vida Fitness. Think a 7:30 a.m. water aerobics session sounds tough? Try pumping up resistance with an elastic band while battling the current in one of Vida's Endless Pools, a high-tech basin that acts as a water treadmill.

WHAT IT IS: Aqua Challenge isn't your grandmother's water aerobics class. Marching in place and pumping your arms becomes a grind once Brown Johnson kicks up the jets that create the current — which varies in speed from lazy creek to swift river — in Vida's Endless Pools. Resistance bands, water polo balls and foam barbells (known as SpaBells) make the simple moves more strenuous.

MOVES: Gym rats will recognize a few of the challenge's moves. "I get some of my moves from land classes," said Brown Johnson. Common water aerobics exercises such as jogging in place and cross-country skiing are part of the class, but Brown Johnson incorporates more difficult moves such as the Pilates V-sit, where you take your feet off the ground and form a V-shape with your arms and legs, and a pectoral press with SpaBells. Super swimming skills are not necessary, but exercisers should be comfortable staying afloat in water. Don't worry about your hair, ladies: Except for a few splashes, your head will stay dry.

WORKOUT: Like its land-bound cousin, water aerobics gets your heart pumping with high-energy repetitions, but the low impact of the H2O means your knees won't hate you in the morning. Muscles get quite a workout, too, particularly when moving the buoyant SpaBells underwater.

The SpaBells and exercise bands come with different levels of resistance, so, really, anyone can take on this class. Got weak wrists? Brown Johnson will give you smaller bells. Buff thighs? She'll give you the dreaded red resistance band for the leg moves. Some of the other moves involve taking your feet off the pool bottom and keeping yourself afloat while trying to hold a water polo ball over your head. "Once you take your feet off the floor, it's a whole different ballgame," said Brown Johnson. She has to turn down the current a bit for these moves — lest a lighter swimmer float away — but just keeping yourself afloat works the stabilizing muscles around your core.

GARB: Any swimsuit will do, but Brown Johnson wears full-coverage spandex (special swim gear that looks like bike shorts and a tight T-shirt) to stay warm in the 77-degree water. The milk crate texture of the Vida pool floor can be harsh on tootsies during jumping moves, so Brown Johnson recommends wearing water shoes even though they are not necessary.

CROWD: Vida's two pools can really only fit two exercisers each comfortably, so the class is very intimate. So far, the class has not exceeded four people. When more than four begin showing up, the club will ask those up for the challenge to sign up in advance by calling Vida.

JULIA BEIZER

Work it Out

Vida Fitness is located at 601 F St. NW (202-393-8432, vidafitness.com). Aqua Challenge is offered Tuesdays and Thursdays at 7:30 a.m. The class is free for Vida members, and non-members can obtain a day pass to use the facilities for $25.

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fit | Nutrition

THE EXPERTS

ChewOnThis

Get Out the Oat

Q I know oatmeal is good for me, but does it matter whether I eat instant or the stove-top cooked oatmeal?

OATMEAL IS OATMEAL, from steel-cut to instant. According to the Quaker Oatmeal Web site, "The only difference is how the grain is cut, steamed and rolled — and this only affects cooking time and the texture of the cooked oatmeal."

Whole grains such as oatmeal offer important health benefits such as lowering cholesterol and helping to prevent type 2 diabetes. Oatmeal contains several important nutrients including B vitamins, iron, protein and dietary fiber. Oatmeal is also known for what it doesn't have — cholesterol and artery-clogging saturated fat.

As the weather turns cooler, choose oatmeal for breakfast or an afternoon snack. For a sweeter treat, add peaches or raisins. Go savory by stirring in walnuts or a teaspoon of peanut butter. Add more nutrients by using nonfat milk instead of water to make the oatmeal. You'll get extra protein, calcium and vitamin D.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

VITALSTATS

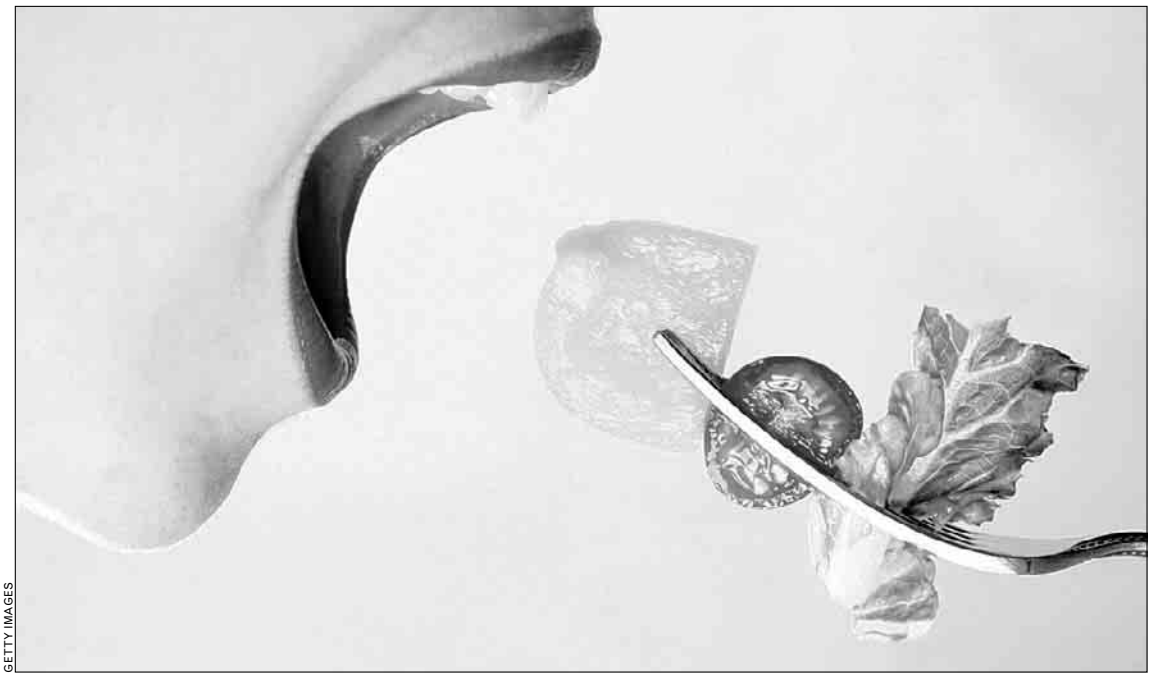
59

THE PERCENT MORE LIKELY FREQUENT BACON EATERS ARE TO DEVELOP BLADDER CANCER, ACCORDING TO HARVARD RESEARCHERS.

Look Out for the Iceberg

And 16 other tips to help you become more savvy at the salad bar

It seems like the sensible lunch option — a fresh green mix instead of a greasy pizza slice or carb-loaded sub. But not everything that's $5.99/pound belongs in your bowl.



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Creamy salads : Aka the white death. If you must have some slaw or, worse, macaroni salad (3/4 cup has 26 grams of fat!), at least place it over raw vegetables. The mayo will double as salad dressing.

Radishes: No matter how you slice 'em, these are roots. What's worse, they're roots without a nutritional leg to stand on. You'd need to eat half a cup to take in a gram of fiber, which isn't enough to keep even a rabbit regular.

Alfalfa sprouts: Don't bother with these little health-food frauds. Half a cup provides only traces of nutrients. But they are virtually calorie-free, so if you actually like their dank flavor, knock yourself out.

Carrots: Shredding gives raw carrots a whole new quality: They become edible. Mix, don't top, your salad with a quarter cup of them, and you'll be eating nearly a whole day's worth of beta-carotene.

Cauliflower: Broccoli's bleached cousin has only a fraction of broccoli's vitamin C and beta-carotene. You're better off doubling up on broccoli and skipping this pale imitator.

Sunflower seeds: A few spoonfuls have potassium and magnesium to lower blood pressure, plus folate to help prevent heart disease.

Black olives: While these little fat bombs won't hurt your heart, they won't help it much, either. You'd need to eat 10 to get just 3 g of cholesterol-lowering monounsaturated fat.

Chickpeas: Despite the name, this isn't something you'd find in Penthouse. Half a cup has 6 g of protein, 5 g of fiber and some B vitamins.

Hard-boiled eggs: One has 6 g of protein and some lutein and zeaxanthin, phytochemicals that may cut your risk of vision loss.

Cherry tomatoes: Ounce for ounce, these little suckers have as much prostate-protecting lycopene as their big brothers.

Cucumbers: Low in nutrients, fiber and taste. Maybe that's why people drown 'em in vinegar and call them pickles.

Iceberg lettuce: Nutrient-wise, this helps your diet as much as real icebergs helped the Titanic.

Cottage cheese: The best cheese choice on the bar. Half a cup has only 108 calories and 5 g of fat, and gives you 13 g of protein.

Broccoli: Six florets give you a day's worth of vitamin C and 20 percent of your beta-carotene requirement. Bonus: Broccoli is rich in a number of polysyllabic compounds that seem to have anticancer properties. Eat all you can stand.

Shredded cheddar cheese: One half cup of shredded Cheddar has 19 g of fat — about what you'd get in a fast-food taco.

Mysterious extras: They're salty, crunchy and bad for you. Croutons are best (10 add up to about 50 calories and 2 g of fat). Chinese noodles tend to be greasier. And bacon bits? Well, they're bacon.

Dressing: Stick with canola oil and red wine vinegar. The oil contains omega-3 fatty acids to reduce your heart-disease risk. The vinegar adds flavonoids to keep your blood flowing smoothly. JENNIFER HAIGH (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)

Lean Greens for the Winter

INDIAN-SPICED KALE AND CHICKPEAS

COOKING TIME: Start to finish in 25 minutes.

INGREDIENTS: 1 tablespoon extra-virgin olive oil; 3 cloves garlic, minced; 1 to 1 1/2 pounds kale, ribs removed, coarsely chopped; 1 cup reduced-sodium vegetable or chicken broth; 1 teaspoon ground coriander; 1/2 teaspoon ground cumin; 1/4 teaspoon garam masala; 1/8 teaspoon salt; 15-ounce can chickpeas, rinsed.

GETTING STARTED: In a large, deep skillet or Dutch oven, heat the oil over medium heat. Add the garlic and cook, stirring, until fragrant, about 30 seconds. Add the kale and cool, tossing with two large spoons, until bright green, about 1 minute. Add the broth, coriander, cumin, garam masala and salt. Cover and cook, stirring occasionally, until the kale is tender, about 8 to 10 minutes. Stir in the chickpeas and cook until they are heated through, about 1 to 2 minutes. Makes 2 main or 4 side servings. (AP)

PER 1 1/2 cups: 345 cal., 15 g pro., 52 g carbo., 10 g fat, 3 mg chol., 587 mg sodium, 10 g fiber

Magical Makeup

Save time, money and your face with these picks

Makeup used to mean camouflage. But lately, it has taken on a different task: helping to protect and repair skin, so you look your best with or without coverage.

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With added ingredients such as sunscreen, retinol and antioxidants, treatment makeup can save you time and money, with one easy layer to apply instead of two or three. "The trend now is to use fewer products, combining all the active ingredients in one," said Bradford Katchen, MD, an assistant professor of dermatology at Mount Sinai Medical Center in New York City. We've found some makeup that's fit the bill.

High-Grade SPF Makeup

Ask any dermatologist: The most vital extra to add to makeup is UV protection. It's your best defense against skin cancer and aging. Tinted moisturizers with SPF 15 are now being joined by sheer year-round foundations with more serious broad-spectrum titanium dioxide and zinc oxide sunblocks. The minerals in these sunblocks used to leave a chalky residue, but today they're micronized into much finer particles that won't give you the white-nosed lifeguard look. Outstanding examples: Shiseido Sun Protection Stick Foundation SPF 35; Eau Thermale Avène Tinted Extreme Compact SPF 50, which goes on with a sponge; and Dr. Brandt SPF 30 Bronze Barrier Face.

Anti-Aging Foundations

The new ones pack antioxidants, which prevent sun damage by inhibiting free-radical formation, and alpha hydroxy acids, which exfoliate to keep skin looking renewed and glowing. Try Exuviance by Neostrata Skin Caring Foundation SPF 15, which contains the same dose of mild hydroxy acids found in Exuviance daytime cream, or Sally Hansen Skin Firming Line Minimizing Liquid Makeup with retinol and antioxidant vitamins A, C and E. Another favorite is Yves Saint Laurent Teint Compact Matité, a powder that delivers tiny beads of hydrating hyaluronic acid.

Moisturizing Lipsticks

Tired of long-lasting lipsticks that are drying and sticky? The latest lip colors glide on, last for hours, and are infused with moisturizing ingredients. Several that fit the bill: Neutrogena Lip Boost SPF 20 Intense Moisture Lipstick with aloe vera (a skin softener and soother), avocado (an emollient rich in vitamins A and C) and apricot kernel oil (a source of nourishing fatty acids); Kanebo The Lipstick, containing apricot kernel oil and silk powder (a skin-friendly natural moisturizer); and Avon Beyond Color Plumping Lipcolor with Retinol SPF 15, which has collagen to smooth lips, retinol to diminish dry lip lines and vitamins A, C and E.

Soothing Concealers

To minimize dark circles and under-eye bags, try one of these: Neutrogena Skin Soothing Undereye Corrector with anti-inflammatory cucumber and green tea, or Burt's Bees Wings of Love Concealing Crème, with calming cucumber extract to help reduce puffiness and rosemary to reduce the appearance of broken capillaries responsible for under-eye darkness.

Mineral Makeup

Got sensitive skin? Recovering from laser resurfacing, a chemical peel or plastic surgery? Mineral makeup, made with few, if any, preservatives (the colors come from the pigments of inert earth minerals), is much more appropriate for sensitive and acne-prone skin than conventional cosmetics, said Lindie K. Borton, MD, an assistant clinical professor of dermatology at the University of California, San Francisco. "It appears to have an anti-inflammatory effect on the skin."

An added benefit? Sun protection, thanks to the presence of titanium dioxide and/or zinc oxide in mineral-based foundations, pressed and loose powders, blushes, bronzers and even eye shadows. Think of these products as a novel way of depositing color protection all over your face. Several choice lines: Colorescience, Pür Minerals, i.d. bareMinerals from Bare Escentuals and Iredale Mineral Cosmetics.

LINDA DYETT (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)

Fight Pimples but Don't Flake Out

■ Is Accutane sapping the moisture from your skin? If so, you're in good company. Dry skin is a common side effect of most acne treatments. Here are some suggestions from New Orleans-based dermatologist Mary P. Lupo, MD, on how to tackle this problem:

➜ Address dryness from the inside out, said Lupo. Take a 400-IU dose of vitamin E one to three times a day.
➜ Wash your face with cool water and Cetaphil (a gentle, over-the-counter cleanser used to treat dryness associated with acne meds).
➜ Avoid too-hot showers because they strip away more of your skin's natural emollients and oils.
➜ When it comes to moisturizer, look for one that contains both petrolatum and glycerin, and use it frequently but sparingly. Curel and Jergens both make effective, inexpensive products that are sold at drugstores.

SHERRY KISER (REPRINTED WITH PERMISSION FROM PREVENTION © RODALE INC.)

THE EXPERTS

SkinDeep

Gray Matters

Q I'm 31, and I would swear my skin looked more alive five years ago. I don't have many wrinkles — my face just looks dull and grayish. Why?

UNLESS YOU'RE A well-worn sweatshirt, gray's probably not your best color. Skin is often dulled by dead cells, and Chevy Chase-based dermatologist Lynn McKinley-Grant said some unhealthy choices may make your poor pallor worse.

"If you've done a lot of damage to your skin, particularly from sun exposure, and you're post-acne,

that can start to dull the skin," she explained. And if you're a smoker, it compounds the problem: "Smoking constricts the blood flow to the skin and gives a distinctive dullness." That's another reason to quit lighting up the cancer sticks, huh?

McKinley-Grant said a quick visit to a dermatologist will confirm there's no skin condition you're fighting. Short of that, "Alpha-hydroxy cleansers will brighten your skin, and if you don't have acne or eczema, you can try a chemical peel or microdermabrasion." A couple of names she recommended: the I.S. Clinical line of skin care products and the Neova cleanser and moisturizer, made by Procyte. Both are available without an RX through your dermatologist. And then you can feel bright again. LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

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